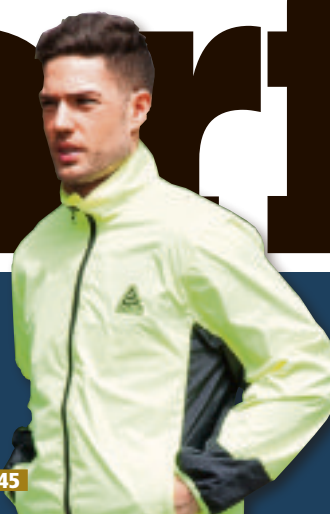


GET KITTED OUT

Give yourself a lift with our pick of chic and stylish workout gear **P45**



KAY LOCKETT

BOWL'S A TEN-PIN DREAM

VENUE LAUNCH

We take a sneak peek at O2's new Brooklyn Bowl **P7**



Inside



UNDER THE SPOTLIGHT

Councillors look to the future of the Fortress Wapping site as revised plans are revealed **P4**



Ahoy there

Get behind the wheel at the London Boat Show with our ticket offer **P3**

Gym

Stay on track with our fitness tips **P49-50**



MARKET MAYHEM Read our market-leading 28-page guide to property east London **P15-42**



JONES LANG
LASALLE®

Sales & Lettings 020 7715 9700



WEATHER

11C	TODAY Cloudy
10C	FRIDAY Partly cloudy
8C	SATURDAY Sunshine
8C	SUNDAY Cloudy
12C	MONDAY Sunny intervals

TRAVEL

TUBE & DLR

Saturday will see the Jubilee line closed between Stanmore and Willesden Green for track work. On Sunday it will be shut from Stanmore to Waterloo. DLR is fine

ROADS
No planned closures.

INSIDE

NEWS

Pages 1-10

ALIVE

Page 12

WHAT'S ON

Pages 14, 43

PROPERTY

Pages 15-42

FEATURES

Pages 45-51

SPORT

Pages 55-56



P45



P56

CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

ONLINE

■ You can follow us, have your say and find exclusive content at our website, our Facebook page and our Twitter feed @the_wharf
■ To read the newspaper on tablets, download our e-edition at wharf.co.uk



ESTABLISHED 1998

Agenda

Resolution failure tells us all we need

We are nine days into January. Have your New Year's resolutions dissolved like a Berocca in a post-boozing glass of water?

Unfortunate, that. Weren't you supposed to be dry this month? Perhaps you're hanging on in there – doggedly going to the gym at 6am each morning, and learning French verbs at night school.

What you resolved might suggest a cerebral or physical focus, but how long you keep your resolutions is a better indicator of character:

■ **December 31:** A whole year later and you have stuck to your pious

BLONDE'S EYE VIEW



ANGELA CLARKE

guns like a psychopathic murdering Mafia boss clings to Catholicism.

You're single-minded, focused, and a huge jerk. Your friends only pretend to like you.

■ **February 1:** Good effort. You gave it a shot and worked hard at being a better you until the monotonous grind of life and the Jubilee line wore you down.

It's dark, cold, you're broke and still working in E14. To be honest, we're impressed you held out this long. Nobody's judging you.

■ **January 6:** You resolved to change your ways in front of close family and friends over Christmas and the

moment you got back to work you thought "sod that".

You want your loved ones' respect, but don't give two hoots about what Beatrice who sits opposite you at work thinks. Sounds like you've got your priorities straight.

■ **January 2 or 3:** You broke in the first few days? You are a weak-willed, lily-livered dreadful excuse for a human being.

You will never amount to anything more than a smear on humanity's windscreen. You're basically me. Save a seat in the pub.

Follow Angela on twitter:
@TheAngelaClarke

London eye

SUZANNE PLUNKETT/REUTERS



A model presents a creation from the Topman Design Autumn/Winter 2014 range during the London Collections: Men in the capital this week.

A week in London
Page 52

What our writers are talking about



■ As we gaze into the mesmerizing oblong, our bovine passivity seems assured and it is only the Birds that are Angry.

Giles Broadbent

■ Head down my plan was to ease myself gently into the whole rat race routine. Well, the best laid plans.

Tabitha Ronson

■ Do I detect a note of optimism? Are the shops seeing record sales? More jobs? Happier faces?

John Biggs

■ The pace is too quick so the antagonists remain cartoons limiting the joy of their comeuppance.

Jon Massey

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website www.pcc.org.uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.

60 Second Wharf

News of the plans

Council set to consider latest proposals for the former News International site in Wapping.

Pages 4-5

Dance on your pins

Brooklyn Bowl is ready to open at The O2 blending classic US food entertainment and live music.

Page 7

Improve your parenting

Experts offer their advice on how to give more to your offspring over the next 12 months.

Alive / Page 12

Diary dates

We pick the cream of the crop at east London venues over the coming three months.

What's On / Page 14

Sensational seafood

You should be eating two portions of fish a week – here are the reasons why and a simple recipe.

Food / Pages 46-47

Staying resolute

Fitness guru Laura Williams comes up with some alternative resolutions that are easier to keep.

Health / Page 49



P14



Touch base with the Wharf

Read our free e-edition on your tablet at wharf.co.uk

the Wharf

KAY LOCKETT



Comedian and actor James Corden cuts the ribbon to officially unveil the Sunseeker 75. Top right, a lifeboat is demonstrated. Middle, a Sunseeker 40 in Royal Docks. Right, water zorbing on an indoor pool at Excel

GETTY



GETTY



GETTY



KAY LOCKETT

NEWS IN BRIEF

Around east London

Bikers heading to Excel's show halls

EVENT Motorbike fanatics will be heading to the Excel centre next month.

Firms such as Harley-Davidson, Honda, Yamaha and BMW will be at the 2014 Carole Nash MCN London Motorcycle Show from February 14 to 16. Advance tickets cost £16.

Go to mcnmotorcycleshow.com

Poplar Baths all set for makeover

LEISURE Work on a multi-million pound refurbishment of the historic Poplar Baths is due to begin this year.

Developer Guildmore is working with Tower Hamlets Council on the £38million project, which also includes 100 homes and youth facilities.

The development is expected to be completed by 2015.



A man tries out a Jetlev jet pack in the docks

Creating a giant splash

The London Boat Show at Excel is well underway with crowds flocking to see the latest craft, take dips in the dock or go water zorbing.

Comedian and actor James Corden cut the ribbon on luxury yacht firm Sunseeker's new 75 model on Saturday and the show runs until Sunday.

Readers of The Wharf can get £6 off the full ticket price of £20 by quoting PUB07 when booking on the hotline – 0844 776 7766 – or online at londonboatshow.com.



KAY LOCKETT

Lines for sale at the show

HAVE A HOME? HAVE A HEART

Can you help us protect and care for dogs belonging to families fleeing domestic violence?

Dogs Trust Freedom Project needs volunteers with experience of caring for dogs to help us. Foster placements last between 3 and 9 months and all the dogs' expenses are paid.

To become part of this rewarding and worthwhile experience, please call us for a full information pack.



0800 298 9199

freedomproject@dogstrust.org.uk

Registered Charity No. 207523 and 50901841



www.dogstrustfreedomproject.org.uk



3 FOR THE PRICE OF 2 VOUCHER OFFER!

THROUGHOUT THE MONTH OF JANUARY WE ARE OFFERING 3 RACES FOR THE PRICE OF 2

£37.50 WORTH OF RACING FOR JUST £25!

Vouchers are valid for 2 months from purchase date & can be used at any Open Racing session Sunday-Friday.

One voucher per person per Open Session.

2 STOPS FROM LIVERPOOL ST STATION LOCATED CLOSE TO CANARY WHARF & THE CITY

VOUCHERS ARE NON REFUNDABLE AND CANNOT BE USED ON DAY OF PURCHASE. USUAL TERMS & RESTRICTIONS APPLY. ALL DRIVERS MUST BE 5FT TALL OR MORE. VOUCHERS MUST BE PURCHASED IN ADVANCE.

ARCHES 422-424 MILE END PARK BURDETT ROAD LONDON E3

4AA



See a London show from just £10!
getintolondontheatre.co.uk

Island development update

AFFORDABLE housing on the Isle of Dogs will be put under the spotlight as councillors decide whether to allow an amendment to tenure at Indecon Court.

Members of Tower Hamlets Council's Strategic Development Committee will meet tonight, (Thursday) to discuss a variation to a Section 106 agreement at phase two of the site, at 20 Millharbour.

123
Number of units that will remain affordable housing

Applicant Galliard Homes and One Housing Group have asked to alter the type of affordable housing from social target rent to affordable rent, although the actual amount of affordable properties would remain at 123 units.

But planning officers have recommended councillors reject the variation. Documents released before the meeting state the applicants' belief that with 123 properties out of a 546 total at social target rent, the scheme

"would not be economically viable".

Although the documents show council officers agreeing the current provision at social target rent would render the scheme unviable and inhibit its delivery, they have advised the amendment is rejected.

They state while the change of tenure "is considered acceptable in policy terms", the lack of an agreement between the council and applicants for an overage mechanism, relating to development profits, has proved a sticking point.

■ Campaigners are trying to stop a luxury development being built next to Island Gardens.

Proposals for the Calders Wharf scheme on the south of the Isle of Dogs were accepted by Tower Hamlets Council's planning committee earlier this month.

But those against the scheme are refusing to give in and have starting a petition urging the Government to reverse the decision.

Plans set to transform Murdoch's old fortress

PLANNING

Revised 25-storey scheme wins backing of Tower Hamlets Council officers

Rob.Virtue
@wharf.co.uk

A proposal to build 1,800 homes on the old News International site in Wapping will be heard by Tower Hamlets Council this week.

St George, the high quality regeneration arm of Berkeley Group, is behind the scheme, which will see buildings of up to 25 storeys rise on the former printworks and newspaper offices.

Planning chiefs at the council have recommended the part-detailed proposal be approved by the committee when it sits today (Thursday).

A little under a third of the properties will be designated as affordable housing, which the report said was "strongly supported by officers as it would provide new homes at levels that are truly affordable to local residents".

Eight buildings that will house a mixture of residential and commercial space are planned in total with the smallest being four floors high.

The latest consultation generated 41 letters of objection, citing a vast range of issues, with the most significant being the height of the tallest tower.

Following strong opposition from English Heritage earlier in the planning process, the plans currently on the table already represent a reduction of eight storeys.

Moving away

NEWS Corp will transfer all its businesses to the Baby Shard at London Bridge.

The move sees the group, parent company of News UK (formerly News International), sever its 27-year association with Wapping as it begins to leave Thomas More Square opposite its former headquarters this summer.

A 30-year lease was agreed this week for the firm to move into the 17-storey building otherwise

30

Years – the length of the lease signed by News UK at its new London Bridge site

known as The Place, next to The Shard. Mike Darcey, News UK chief executive, said: "This is a commitment by our company to London and the UK for the next three decades."

Rupert Murdoch's firm had been in talks with developer Stellar Property over the deal since last summer.

Irvine Sellar, Chairman of Sellar Property, shareholder and developer of London Bridge Quarter, said: "We are delighted to welcome News Corp's UK operations. The wide range of global brands including *The Times*, *The Sunday Times*, *The Sun*, Dow Jones and HarperCollins, will help create a dynamic business hub."

The site next to London Bridge totals 430,000sq ft. News Corp sold Fortress Wapping to Berkeley Group in 2012 for development.

The council officers' report, despite its recommendation for approval of the St George scheme, suggests councillors should keep objections in mind stating "members will need to be satisfied that the overall regenerative benefits of the scheme, including the delivery of a new secondary school, outweigh any harm in terms of the local townscape".

As part of the financial contributions to the community, up to £7.2million will be given towards development of the Crossrail scheme.

There will also be more than £4million towards the building of a secondary school for 1,200 students.

A total of £500,000 will be given to improve bus services.

The initial phases detailed in the

application cover 529 homes over three buildings, with information on the rest to come at a later date.

The site was labelled Fortress Wapping when Rupert Murdoch moved his News International company there in the '80s, with the aim of keeping out striking printers.

Parts of the existing building, including the cellars, date back to the beginning of the 19th century.

Speaking during the consultation process last year, managing director of St George Central London, Nick Hutchings, said: "We believe the development will reintegrate this important site into the community of Wapping."

"It will help create an exceptional place for local people and new residents to live, work and relax."



ELEPHANT ROYALE Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4pm) £16.50

3 COURSE SET LUNCH (Mon-Fri 12 - 3pm) £11.50

1 COURSE EXPRESS LUNCH (Mon-Fri 12 - 3pm) £7.50

OPENING TIMES:-

MON - THURS: NOON - 3PM and 5.30PM - 10.30PM

FRI: NOON - 3PM and 5.30PM - 12PM

SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS

LIVE MUSIC (WED - SAT)

AL FRESCO DINING

OPEN KITCHEN

POLYNESIAN COCKTAIL BAR

PRIVATE CAR PARK

020 7987 7999

WWW.ELEPHANTROYALE.COM

Locke's Wharf, Westferry Rd,

E14 3WA

DLR - ISLAND GARDENS

Also at Gants Hill - Tel: 020 8550 8886



An artist's impression of how the Wapping development will look when completed



Above, News International's former headquarters and, left, an artist's version of what it will become

Free school proposal

Rob.Virtue
@wharf.co.uk

A FREE school hoping to open in Royal Docks later this year has launched a public consultation to get feedback from parents into the proposal.

Oasis Academy Silvertown has received pre-approval from the Department for Education.

The secondary school, which will initially start with a Year Seven of 120 students, is currently looking for a site south of the docks.

The consultation period started on Monday and will run until February 22. There will also be two public meetings on January 30 at Britannia Village Hall in the Royal Docks at 4pm and 6pm.

Principle designate Charles Claxton said: "I urge local people to come along to our public consultation meetings to hear our plans for the new school and share their thoughts and views."

"I am thrilled with all the messages

of support and offers of help I have received and look forward to working in partnership with the wider community in the Royal Docks to open the school next September."

The school promises to be inclusive, non-selective and co-educational for children aged 11-16. It will work alongside Britannia Village Primary School. Oasis Community Learning, which already has 40 academies up and running, is behind the proposal.



Charles Claxton

Oasis Academy comes in addition to massive schemes such as Silvertown Quays and Royal Wharf planned for the area.

Mr Caxton said: "The school will be at the heart of the new Royal Docks Enterprise Zone, which is bringing huge investment and regeneration to the area, especially in emerging green and creative industries."

Go to oasisacademysilvertown.org for more information and for a link to the consultation.

NEWS IN BRIEF

Emergency services

Police appeal over fight video

999 Police are investigating a YouTube video that appears to show two men assaulting an unseen victim on a Jubilee line train on New Year's Eve.

Anyone with information about the incident, which took place between London Bridge and Canary Wharf should contact British Transport Police.

See the video at wharf.co.uk.

Response claim

999 Ten fire stations, including Silvertown and Bow will close today (Thursday) but James Cleverly, chairman of the London Fire and Emergency Planning Authority said Londoners would continue to receive one of the fastest emergency response times in the world despite the changes.

"For us, business success is about picking people as carefully as our apples"

Helen Thomas, Managing Director of H Weston & Sons Ltd

For H Weston & Sons Ltd, nurturing apprentices helped their business blossom. To discover how Westons benefited from government support and how you can too, visit www.greatbusiness.gov.uk/nurture

BUSINESS IS GREAT
BRITAIN



Save up to 55% on top London shows!
getintolondontheatre.co.uk

Touch base with the Wharf



Read our
free e-edition
on your tablet
at wharf.co.uk

the **Wharf** wharf.co.uk



Brooklyn Bowl's Ray Duhaney says he will create good vibes

Slice of Brooklyn comes to The O2

New venue's all bowls and gigging, writes **Beth Allcock**

Neon billboards boldly announce the arrival of Brooklyn Bowl at The O2, but step over the timber threshold into a world of warehouse chic and Wharfers will soon discover candy-coloured balls and sneakers are just a small part of this all-American story.

At the helm of the brand's European bowling, restaurant and music venue debut – The O2 will be its first project outside of its New York base – operations director Ray Duhaney relaxes on a striking leather couch surrounding one of the 12 new lanes.

With the first scattering of pins set to take place on January 17, the former director of Ronnie Scott's Jazz Club said the combination of leisure offerings was one of the best things he'd done.

But he admits a secret after striking a confident pose with a tangerine-coloured ball – he's actually "rubbish" when it comes to attempting a strike.

"But I know I am going to have lots of practice, so I am going to get better," he said.

"It doesn't matter how rubbish you are, at the end of the day, it's about how you roll the ball – anyone can do it."

Brooklyn Bowl's flagship offering in the US – with its 15-lane, live stage attracting the likes of Kanye West and Stateside decor – is all set

to be imported to the North Greenwich venue.

Settled in our bowling booth next to the music platform, Ray said: "Americans do bowling in the way we love football. It's a great pastime and it's part of the American leisure world. I think it's going to work really, really well here."

"We have had so many enquiries for people wanting bowling parties already, and they also know they are going to get amazing live music."

"You will get people who come here for gigs and turn up early and find out they can bowl, or people will bowl and find out Kings Of Leon are playing."

"You're close to the stage you're going to want to dance

to it – it's creating a place where people can party."

Music-lovers of all genres should be entertained by the combination of indie, funk and soul acts set to make an appearance.

State-of-the-art visual and audio will allow bowlers to combine their game with the action on-stage and Blue Ribbon's high-end comfort-food with dishes including ground beef burgers and oyster shooters can be enjoyed on the lanes or at table.

"Some people like to do more than one thing in the space," he said. "People work long hours and they want to do as many things in one space as they can."

Ray said his focus was on forging an informal, relaxed atmosphere with good vibes for visitors of all ages.

For Wharfers, he said he hoped the venue would become a prime after-work socialising spot.

"What we are doing here is bringing a bit of cool to The O2," he said. "We are the first leisure product to happen at The O2 other than the cinema, where you can do something other than eat, drink or listen to music."

■ Brooklyn Bowl opens on January 19, for evenings-only this month – 2am weekday curfew, 4am at weekends.

Go to theo2.co.uk.

FACTFILE: THE O2

The last 12 months were a record-breaking year for the North Greenwich venue and here are some of the top statistics from 2013.

- The arena hosted 195 events.
- More than nine million people came through the doors.
- The O2 proved its social media prowess, becoming the number one most checked-in destination in the UK on Facebook
- Hosted its first Country to Country Festival in March.
- Michael Buble sold

out 10 nights in July, while Fleetwood Mac performed three nights to sell-out crowds in August.

- The Carl Froch v Mikkel Kessler fight was one of the biggest of the year in May.
- ATP Tennis Tour Finals returned for a fifth year with a record breaking audience of 261,247.
- Micky Flanagan sold out seven nights in October and December performing to more than 100,000 fans.
- The top five events during 2013 that sold the most food and drinks were Froch v Kessler boxing, ATP (Nov 8), ATP (Nov 7), Jay Z (Oct 12) and Jay Z (Oct 11).
- The most pints served were during Froch v Kessler (21,239) compared to 17,775 in 2012.
- Most wine consumed was 2,031 bottles sold to Fleetwood Mac fans on, September 27.

11

Dates played by **One Direction** at The O2 in 2013

Charity sets sights on a new chopper

LONDON Air Ambulance has launched an appeal to buy a much needed second emergency helicopter.

The drive coincides with the 25th anniversary of the service, which currently reaches 2,000 injured people a year across the capital.

The Mayor of London, Boris Johnson, backed the campaign which, if successful, would see additional pilots and a fire crew recruited.

"Hundreds of Londoners have their lives to thank for the crew's speedy and efficient treatment," said Mr Johnson.

"I urge people living in our city to support this vital cause so that they may continue to save lives for many years to come."

A second helicopter would allow the service to reach an additional 400 people a year.

Go to londonairambulance.co.uk for more information about the service or to make a donation.

Rob Virtue

Win tickets to see MAMMA MIA! and a meal for two at Kettner's with Get Into London Theatre

The fabulous winter promotion Get Into London Theatre is back for 2014, offering tickets for over 45 top London shows for performances until 13 February.

With prices ranging from £10-£40 there's something to suit every budget, plus there are no booking or postage fees to pay!

You can book tickets online at www.getintolondontheatre.co.uk or call The Ticket Factory booking line on 0844 581 5050.

To celebrate, we are giving away a pair of tickets to MAMMA MIA! with a pre-theatre meal for two at Kettner's with an arrival drink and a bottle of wine. Set on a Greek island



paradise, MAMMA MIA! is a story of love, friendship and identity, cleverly told through the timeless songs of ABBA. Kettner's, situated in the heart of theatreland, is popular with actors and theatregoers alike – dine there and you never know who you might bump into!

To enter the prize draw, email your name and contact details to competition@soltma.co.uk with 'Get Into London Theatre' in the subject line.



Terms and Conditions: Entries must be received by 23:59 on 31 January 2014. Prize tickets are valid for a Mon-Thurs performance of MAMMA MIA! until 31 March 2014, excluding 17-20 February. Full prize draw rules are available at www.getintolondontheatre.co.uk/win/terms. Promoter: Society of London Theatre.



Big shows, small prices - BOOK NOW!

getintolondontheatre.co.uk

HAD AN ACCIDENT ON THE ROAD?

A claim is easier with us

I couldn't afford to be off the road for long



Had an accident that wasn't your fault? You can lean on us to secure the maximum compensation for you. Our legal team are specialists in accident and injury claims, and have already won over 100,000 cases – yours could be next.

- No win, no fee
- 95% success rate
- Accident and injury specialists

Your Legal Friend

We help put things right

Get in touch today
0800 160 1080
yourlegalfriend.com/motorbike

News

Pair sought after fatal nightclub shooting

Beth.Allcock
@wharf.co.uk

Detectives have launched an appeal in a bid to trace two men they are keen to speak to following the murder of a Poplar man at a nightclub on Boxing Day, last year.

Hassan Mohammed Omer Isman, 31, suffered multiple gunshot wounds while at an event inside central London venue, Avalon nightclub, in Shaftesbury Avenue.

Following the incident, which happened at about 3am, he was taken to hospital where he died from his injuries.

Officers are keen to establish the whereabouts of 32-year-old Danny Walker and Gavin Allen, 30, in connection with the shooting.

They advise the public not to approach the men but to instead call 999 immediately if they see them.

Police are also keen to speak to anyone who was at the



Police are looking for Danny Walker, left, and Gavin Allen, right

venue on December 26 and who witnessed events.

Those with information should call the incident room on 020 8345 3985 or Crimestoppers anonymously on 0800 555 111.

A 31-year-old man and 34-year-old man have previously been arrested on suspicion of murder with both bailed until mid-February pending further enquiries. A 24-year-old was arrested on the same charge on January 3 and bailed until early February.



Complete glasses from £25

£5 EYE TEST

Valid for one test booked on or before 31 March 2014 at discounted price of only £5. Present voucher at time of test. Cannot be exchanged for cash, used with other vouchers or redeemed by customers already entitled to a free NHS eye test. One per person, at participating Specsavers stores only. CODE 8129

Book an eye test at specsavers.co.uk
or call 0800 0680 241



£25 glasses: Includes standard PENTAX single vision lenses. Other lenses and Extra Options available at an additional charge. SKU 25634594. ©2013 Specsavers. All rights reserved.

NEWS IN BRIEF

Local round-up

Betting shops siting should be scrutinised

GAMBLING Greenwich Council is urging the Government to change planning regulations over betting shops.

Councillors in the borough, which has 53 of the gambling establishments, voted to pass the motion, which asks for a separate planning use class for the shops, which has to make a case for their location. The council claims poorer areas are currently targeted but gambling authorities deny this.

Cabinet member for Community Safety and Environment, Councillor Maureen O'Mara, said: "We urge the Government to change the law so applications can be fully scrutinised."

Well-travelled fliers found at City Airport

TRAVEL A study by London City Airport has found the average British person has visited seven other countries.

Staff at the hub interviewed passengers and found a third of Brits had visited 10 or more countries. One of the 2,000 surveyed had made it to a whopping 42 foreign lands.

Paris was the most visited city with 52 per cent having been there.

Generous Wharfers dig deep for poppies

CHARITY East Londoners dug deep in their pockets to donate almost £14,000 to the Poppy Appeal during 2013.

Craig Aston, local Poppy Appeal organiser, said he was overwhelmed by the generosity of Tower Hamlets residents. He said thousands had also been raised by Wharf-based businesses and the Royal Navy on November 7.



Competition for young playwrights

DRAMA Life in east London will soon be put under the theatrical spotlight by teenage creatives.

The University of East London's latest competition, Stage Directions, offers aspiring playwrights aged 16-18 the chance to see their 20-minute scripts inspired by the sights, sounds, characters or myths of the area performed live on the stage. The competition closes on March 10.

Email entries to stagedirections@uel.ac.uk.

Reebok

SPORTS CLUB



HAPPY

NEW

YOU

NEW MEMBERS PAY NO ADMIN FEE
ALREADY A MEMBER? REFER A FRIEND TO JOIN AND
YOU WILL EARN A REFERRAL REWARD WORTH £50

Offer ends 28 February 2014

020 7970 0911 | info@reebokclub.co.uk | reebokclub.co.uk

Interns: a proverbial pain, except when they aren't

It wasn't exactly the start to my New Year working schedule I had planned. With a heavy heart, I dragged myself back into the office after having spent a blissful couple of weeks with Master A.

Head down my plan was to ease myself gently into the whole rat race routine. Well, the best laid plans.

Fresh back from a ski and spa break in Vail, Colorado, my boss was brimming with a newfound high-octane vigour. She could hardly contain her excitement as she presented me with her new project.

"Meet Jack! He's our new intern. I want you to take him under your wing, show him the ropes," she boomed.

"Intern," I screamed (inwardly, of course – it's my boss after all).

I have not got the time, patience or inclination to hand-hold the six-foot-two, bottom-fluff bearded, mid 20-something standing before me.

There's something about interns that make me want to run to the hills. We've had several come through the company and each one has been a right royal pain in the proverbial.

WORKING MUM



TABITHA RONSON

The last one we accommodated – another whim of my boss' a couple of years back – refused to photocopy (too menial) or do a Costa run (not challenging enough).

I'd say pulling off a large coffee order, with all its variations – a triple shot grande skinny vanilla latte with Soy the simplest on the list – was easily a suitable task. Jack pulled up a chair beside me. I switched on my computer, wondering where on earth I was going to start with this kid. I didn't even know the basic what, why and how he had materialised

in our office. Why hadn't my obsequious Annoying Colleague been given the job of babysitting? I could feel my resentment beginning to grow. Grrrrrr.

"Cool, who's that?" he said, pointing to the photo of a costume-clad photo of Master A on my desktop. "I wrote my thesis on Batman – I'm parched. Shall I go and make us both a cuppa."

And just like that I knew that Jack and I would rub along together quite nicely. Working mum, always willing to see the good in people – especially when they think my son is cool.

POLITICAL VIEWPOINT

By John Biggs

We must do more to assert social fairness

So, a happy New Year to you all. A bit windy, the odd power cut and trains up the creek. It was a typical December really.

But do I detect a hint of optimism? Are the shops seeing record sales? More jobs? Happier faces? It seems a mixed story.

Part of this is about change. For example, we seem to be using shops less, and the internet more.

Many shopping centres have a difficult future but the good or lucky ones, like the malls at Canary Wharf, seem to be doing well.

And some things are less popular, others more – for example I am, selfishly, pleased ties are becoming less



Selfishly I am pleased ties are becoming less fashionable

fashionable, but have developed a serious coffee shop habit.

And for some the jobs are better, but many others have seen their wages frozen, or cut and local graduate unemployment remains high.

My daughter finishes University this year – interesting times ahead for her and many others. Something needs to happen to the jobs market to challenge the growing divide between those with plenty, and those struggling.

There is a great underlying faith in fairness in our country, and the big challenge for politicians like me, I believe, is, without blocking change, to find new ways of re-establishing that.

So happier? For many, yes. And for more I think a greater optimism. But my New Year's resolution is to do more to tackle the remaining challenges.

London Assembly Member, City & East



Wharfinger The long view



1936 Rioter Charlie Goodman is arrested by police in Cable Street in London when the Jewish people of the East End and their supporters blocked a march by Oswald Mosley's fascist Blackshirts.

1969 Ten-year-old Ian Stavey, of Bethnal Green, plays the choirboy's favourite game – trying to make his friends laugh out loud during practice at St Matthew's Church in London's East End.



High Five Most anticipated films of 2014



Edge of Tomorrow
Tom Cruise caught in a time loop
Summer



Noah
Russell Crowe fights the biblical flood
Spring



The Monuments Men
WWII platoon returns stolen Nazi art
February



Robocop
Reboot for the future of law enforcement
February



Captain America 2
Rogers faces down a Cold War survivor
Spring

SOURCE: IMDb

SPIRAL NOTEBOOK

By Giles Broadbent

We need to get power to the people

The Tube, the auditorium, the living room are aglow with a vast new array of Christmas mobile devices.

Karl Marx, who saw technology as a prime mover in alienation between the classes, would be wondering how this revolution occurred with so little fury and bloodshed.

But as we gaze into the mesmerising oblong, our bovine passivity seems assured and it is only the Birds that are Angry.

There is one incendiary spark that could stymie our digital future though.

Batteries. Batteries have failed to keep pace with the devices which are calling on more and



There is money for the scientist who makes the breakthrough

more resources from the same limited technology.

Daily top-ups are not unusual and the whole on-the-move, on-demand culture is hampered by this irritating tether.

There is money – plenty of it – for the scientist or engineer who makes the big breakthrough.

There are contenders. These include silicon anodes that can increase capacity ten-fold, but there are stresses in silicon ion acquisition that could rupture a battery system.

Sea water and air are other pleasing-sounding ingredients while graphene – the wonder material – has potential.

Meanwhile, the focus is on work-arounds, including invisible solar recharging and further miniaturising components to improve efficiency.

As people begin to turn off their draining location services just as they begin to enjoy their benefits, many will be hoping that 2014 will be the Year Of The Battery.

Follow Giles Broadbent on Twitter @MediaGulch





BIKRAM YOGA LONDON

**INTRO
OFFER!**

20 DAYS
£30
Try it!

GET TONED

DETOX

LOSE WEIGHT

2014. It is Time. New Year. New *Life*.

BYL Premium Membership



Attend any class,
any time.

~~£108~~/mo

£89/mo*

OFFER ENDS 28 FEB!

BYL Monthly Off-Peak



Attend Mon-Fri up to 4PM,
& all Weekend classes.

£79/mo*

Available to everyone!

The BYL Weekender



Attend starting Fri (excl. 7:15PM),
& through the entire weekend.

£59/mo*

OFFER ENDS 28 FEB!

Plus! £50 Referral Voucher* thru 28 FEB!

www.bikramyogalondon.com 0207.537.2002

*T&Cs apply.

Alive

STAGE



Cuckoo
Unicorn Theatre
Jan 14-25

Nathan Curry directs Suhalya El-Bushra's insightful new play, a sharp study of an unlikely friendship between Nadine and Jenny, two teenage girls from very different backgrounds, and Jenny's mother Erica.

Cuckoo is the Unicorn's second production for adults and is part of a new programme of work that explores what it means to be a young person today.

Erica is bored. She used to go on research trips to the Congo, now all she has is *Woman's Hour*, Waitrose and wearisome dinner parties. Then one morning she discovers her daughter's new and only friend sitting in the kitchen and life gets interesting. But how far will she go to protect a child that's not hers, and what will she have to sacrifice?

Contains strong language and sexual references and is not suitable for children under 16. Go to unicorntheatre.com

BOOK



The Invisible Kingdom
Rob Ryan (Hutchinson)
★★★★☆

Best known for his charming paper cut-outs, artist Rob Ryan adds another string to his bow with **The Invisible Kingdom**, the first in a trilogy of children's books.

This beautiful book, which tells the story of a lonely young king, is full of his trademark gorgeous illustrations and sentimental messages.

His only friend in the palace is a bootman who gives him a special pen so that he can draw his own world on his curtain at night time.

But soon he discovers a route into that world, where he escapes every night.

This is a stunning book, packed with thoughtful meditations on life and death and delightful illustrations. It is lengthy though, and takes a while for the story to develop, so it's one parents and older children might enjoy more than very little ones. KB

FAMILY

Parenting experts give their views on the resolutions that could lead to happier families, writes **Lisa Salmon**

Lorraine Thomas
The Parent Coaching Academy
theparentcoachingacademy.com

■ "Don't try to be the perfect mum or dad," says Lorraine.

"Perfect parents don't exist and real parents are much more fun.

"Connecting with your child – cuddling, sharing a story, jumping puddles, playing tickle monsters and having a laugh together – will create memories that last forever."

Justine Roberts
Mumsnet

mumsnet.com

■ Chief executive Justine wryly suggests "diet less and dance more".

More seriously, she also points out that mothers seem to be at a disadvantage in the workplace because the UK continues to have a tangible gender pay gap.

"With over half of mums saying they feel less employable and three-quarters saying it was harder to progress in their career since having children, it's clear there's still lots of work to be done to ensure family-friendly practices are commonplace," she says.

"In 2014, Mumsnet has resolved to work more closely with employers to help them evolve more family friendly policies to protect against discrimination."

Jeremy Davies
Fatherhood Institute
fatherhoodinstitute.org

■ As for dads, the Fatherhood Institute says everyone in Britain needs to resolve to do everything they can to provide a great dad for every child.

"Dads matter hugely to their children," says Jeremy.

"If you have a positive relationship with your dad, you're likely to do better at school, be happier, have higher self-esteem, and even form better relationships when you're an adult.

"But all too often fathers get forgotten or sidelined, and governments, public services and employers act as if mothers are the only ones who matter. This needs to change."

He suggests such change should involve a cultural and legal system that expects both parents to care for and support their children financially if they don't live together, and a parenting leave system that encourages dads to become hands-on parents.

Elizabeth Whitehead
Working Families
workingfamilies.org.uk

■ In a similar fashion, the campaign group Working Families suggests



How to be a better parent in New Year

Annabel Karmel
Food author
annabelkarmel.com

■ Children's food author Annabel suggests parents instil a love for good, healthy food in children by adding an extra vegetable into the family's daily diet or filling the fridge with healthy finger foods to get children into the kitchen and interested in what's going into their tummies – sign them up for a hot school meal, or prepare a healthy lunchbox she adds.

She says it's also important kids eat a wholesome breakfast such as porridge or scrambled eggs, rather than sugary cereals, before school.

"It's simple changes like these that could ensure healthy eating habits last a lifetime," she says.

Tom Mullarkey
Royal Society For The Prevention Of Accidents
rospa.com

■ Tom says accidents can destroy families, and suggests that to avoid calamity parents should resolve to be grateful for what they have, and to think ahead.

"Just thinking how we'd feel if we were to lose our closest is enough to put things in perspective," he says, pointing out that making a conscious decision to plan ahead, leaving enough time for journeys, working out dangerous activities carefully and taking reasonable precautions will greatly minimise risk.

"Learning about the hazards that face us and our families is a good first step," he says.

"Let's make 2014 the year in which, because of your good sense, your family has nothing but the good things to look forward to."



Annabel Karmel: Eat healthier

parents should make the most of their "right to request" flexible working practices in 2014.

"Working flexibly will help your work-life balance and make you a more engaged, loyal employee," says Elizabeth.

"The right will be extended to all employees during 2014 so think about what you'll request now."

Lynn Chesterman
Grandparents' Association
grandparents-association.org.uk

■ "Parents and other groups need to really recognise how important each grandparent is in a child's life, and resolve to communicate better as adults so that children can remain in contact with their grandparents," says Lynn.

arts&
events
CANARY
WHARF

LONDONICE SCULPTING FESTIVAL

INTERNATIONAL ICE SCULPTING COMPETITION
MASTERCLASSES / WINTER FOOD MARKET

FRIDAY 10 – SUNDAY 12 JANUARY / THROUGHOUT CANARY WHARF / FREE

CANARY
WHARF | SHOPPING

CANARYWHARF.COM

@YOURCANARYWHARF

SOLID OAK FURNITURE £4 MILLION STOCK CLEARANCE

DESIGNER FURNITURE AT AMAZING VALUE!
CASH & CARRY or DELIVERY



MANAGER'S
SPECIAL

Table &
Chair Set
from
£299

THE OFFICIAL
CLEARANCE HOUSE
FOR THE U.K.'s No.1
OAK RETAILER

You won't buy cheaper!
PRICES STARTING AT £10

Items	Prices From
Bedsides	£29
Sideboards	£49
Mattresses	£49
TV Units	£59
Wardrobes	£99
Beds	£99

LONDON'S BEST KEPT
FURNITURE SECRET!



OAK FURNITURE
CLEARANCE

593-613 Old Kent Rd,
South East London SE15 1LA
Tel: 020 3004 7486

What's On

East End has lots to offer January-March, **Beth Allcock** picks the best

DATES for YOUR diary

The pages of this year's diary will be filling up fast so we've picked the cream of the crop on offer at the top east London venues over the next three months:

THE TROXY

■ **Anna Calvi's** distinctive brand of seductive indie pop-rock will fill the E14 art-deco venue next month.

The Londoner has received critical acclaim from music journalists and a place on the BBC's Sounds of 2011 List.

Brian Eno called her "the best thing since Patti Smith".

February 8, from £21.80, troxy.co.uk.

THE O2

■ Country star **Taylor Swift** will bring her back-catalogue of catchy, showstopping tunes to North Greenwich in February.

With a five-date haul at The O2 – and eager fans already prompting the first two dates to sell out – the excitement is building for the arrival of the Grammy Award-winner, with her 2010 and 2012 albums selling more than a million each in their first weeks of release.

February 1, 2, 4, 10 and 11, from £30.50, theo2.co.uk.

CANARY WHARF

■ Make the most of E14's glittering expanse of ice and banish those January blues by pulling on your skates.

With a path that weaves beneath the twinkling trees of Canada Square Park and The Boisdale Jukebox Bar providing warming drinks and '60s-style grub **Ice Rink Canary Wharf** provides fun for both friends and family.

Until February 16, Prices vary, icerinkcanarywharf.co.uk.

BACKYARD COMEDY CLUB

■ Famed for his warm-yet-cheeky style, presenter, comedian and writer **David Ward** will host the line-up at Showcase Comedy's weekly event on January 16.

Joining him on stage will be acts including Robert White, Luke Graves and Mickey Sharma.

January 16, £5, backyardomedyclub.co.uk.

Further afield

BARBICAN

■ A Puck created from workmens' tools, a giant controlling Oberon and an eight-foot-tall Titania will take to the stage for **A Midsummer Night's Dream** one of Shakespeare's most popular and fantastical plays.

Malevolent fairies, a fairy queen and squabbling lovers will set the scene for a riotous comedy where anything has the potential to be transformed and brought alive.

February 6-15, from £16, barbican.org.uk.



Taylor Swift, right, will perform a string of dates at The O2 next month

GREENWICH THEATRE

■ Prepare to start 2014 laughing in the aisles as The Rumpus Theatre Company delights crowds with fast-paced, hysterical farce **The Comedy Of Terrors**.

Multiple mistaken identities provide the basis for an intense plot that mixes twins, identical policeman, a satanist association and impersonations with attempts to keep a romantic fling secret thrown into the mix.

January 21-25, £16, greenwichtheatre.org.uk.

THE ALBANY

■ A trio of real-life tales intertwine with music for the intimate and funny **How To Be Immortal**, which deals with aspects of love, science, death and immortality.

Debates about DNA centre on the death of Henrietta Lacks, a West Virginian, whose cells remain alive and well in a laboratory years after her passing, while loved-up coupled Rose and Mick are preparing for both a new family—as well as the death of the latter.

Meanwhile in the '50s, Dr George Gey and wife Margaret are combining homemade apparatus and calves liver puree to concoct a mind-blowing discovery.

January 28, 29, £12, thealbany.org.uk.

THE SPACE

■ Take a first look at a fresh crop of acting, writing and directing talent at the **One Festival 2014**, a special series of monologues.

Following the success of last year's event, the Westferry Road venue will be playing host to top creatives making their mark on the theatre.

The action will be organised in a series of four programmes, each offering three or four diverse productions spanning sex trafficking, the revolution in Egypt, Jack the Ripper and, erm, Paris Hilton.

January 22-February 2, £12, space.org.uk.

THEATRE ROYAL STRATFORD

■ This powerful political comment against war will return to the Stratford stage for the first time in 50 years to chime with the 100th anniversary of the First World War.

Based on the songs sung by British soldiers during the conflict which killed 10million, **Oh What A Lovely War** will be performed by a fresh ensemble cast including Caroline Quentin. The new production will strive to harness the spirit of the original while also resonating with modern audiences.

February 1-March 15, from £12, stratfordeast.com.

SOUTHBANK

■ Pianist Yulianna Avdeeva will take to the stage alongside the London Philharmonic Orchestra for **Jurowski Conducts Brahms And Beethoven** at the Royal Festival Hall.

Under the baton of conductor Vladimir Jurowski, who will perform Brahms' *First Piano Concerto* as part of a programme that also features the softer but still powerful *Sixth Symphony* by Beethoven.

January 17, from £9, southbankcentre.co.uk.



Shakespeare at the Barbican

Hurtful pace slices classic

STAGE

Emil And The Detectives

National, Olivier

Perhaps I'm not the target audience for this production.

While the production looks stunning, channelling Fritz Lang and Bauhaus, the content is cut back to the bone.

As a festive show it pleases the kids because there are a lot of children on stage dodging adults in caricature at speed. Their parents delight in cute funnies or party pieces churned out with repetitive zeal.

But Erich Kästner's original tale is more nuanced. A story of bright youngsters combining talents getting one over on their dismissive elders. The pace is too quick here for that intelligence to become established though, so the antagonists remain cartoons, limiting the joy of their comeuppance.

Jon Massey
Until March 18.

Our verdict

Not clever enough by half

★☆☆☆☆



SCREEN

12 Years A Slave

(15) 133mins

Director Steve McQueen's brutal tale of slavery, starring Chiwetel Ejiofor has garnered rave reviews and is released in the traditional spot allocated for heavyweights with a chance of an Oscar nod.

In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York, wakes up one morning to find himself chained to the floor. He has been drugged, abducted and sold into slavery.

Facing cruelty at the hands of a malevolent slave owner, as well as unexpected kindnesses, Solomon struggles not only to stay alive,

but to retain his dignity. In the 12th year of his unforgettable odyssey, Solomon's chance meeting with a Canadian abolitionist will forever alter his life.

The film is unsettling and uncomfortable viewing on many levels especially as with its basis on the genuine story of Northup.

This unflinching brutal look at American slavery is also brilliantly made with a visual look that draws comparisons with Goya.

An all-star cast includes Michael Fassbender, a cruel plantation boss and Brad Pitt as kindly owner Samuel Bass as well as appearances from Benedict Cumberbatch, Paul Dano and Paul Giamatti.

★★★★★

SCREEN

The Railway Man

(15) 116mins

In another Oscar-baiting true story of horror and reconciliation, Colin Firth plays Eric Lomax, a survivor of the horrors of the Japanese prisoner of war camps.

The degradation, death and dishonour of that hellish place plagues Lomax and puts a wedge between himself and his wife, Nicole Kidman.

His memory of slavery upon the railway, the torture he endured and the friends he lost – told in flashback – threatens to ruin the life that he fought so hard to retain in the face of unimaginable provocation.



In an attempt to come to terms with his ordeal and breaking with his comrades code of silence, Lomax returns to the scene and, in a dramatic reversal, confronts his former tormentor.

He finds a peace that will leave audiences drained and uplifted.

★★★★☆

SCREEN

Delivery Man

(12A) 104mins

This is the charming story of affable underachiever David Wozniak, whose mundane life is turned upside down when he finds out that he fathered 533 children through sperm donations he made 20 years earlier.

In debt to the mob, rejected by his pregnant girlfriend (Cobie Smulders), things couldn't look worse for David when he is hit with a lawsuit from 142 of the 533 twenty-somethings who want to know the identity of the donor.

As David struggles to decide whether or not he should reveal his true identity, he embarks on a



journey that leads him to discover not only his true self but the father he could become as well.

The story has been filmed before – as Starbuck (his donor code name) and Vaughn's undeniably winning performance suffers in comparison with the Canadian comedy.

★★★☆☆

LEE HURST'S BACKYARD COMEDY CLUB



We are only 2 minutes
from Bethnal Green tube
station (on the Central Line)

Every Friday and Saturday Night

Come along and see the very best stand up comedians on the circuit as well as established TV performers.

Tickets ONLY £10 Friday and £13 Saturday

Look at who's
been here
recently



WEST END SHOWS AT EAST END PRICES

www.BackyardComedyClub.co.uk

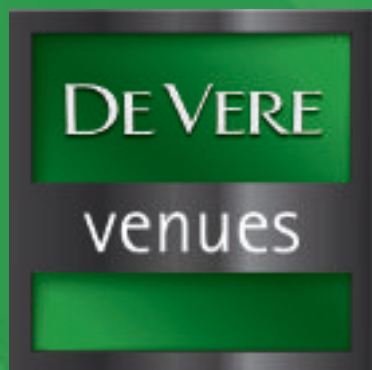


CHARITY FUNDRAISING?

Are you raising money for a charity/ sport's team/ school etc?

Chat to our manager

Dan@BackyardComedyClub.co.uk
to see how we can help.



Welcome to De Vere Venues Canary Wharf



18 meeting and training rooms for up to 400 delegates

Free WiFi access throughout, LCD, plasma and audiovisual equipment available



Great break out space, the award winning Steam Bake & Grill restaurant and private dining rooms are also available



A dedicated team to ensure your event runs smoothly

Showtime rewards - collect points and turn them into vouchers or charity donations!



Enquire/
Book your VIP show
round now and get
2 FREE
cinema tickets

To find out more about
hosting your event here call

0844 980 2327

or email

smerry@deverevenues.co.uk

No 1 Westferry Circus,
London, E14 4HD
www.deverevenues.co.uk

Fashion

Be chic and comfortable working out

Your resolve might be dipping in the face of the poor weather so **Beth Allcock** delivers some retail therapy



LEFT
Grey mix running jacket, £25
M&S
marksand
spencer.com



LEFT
Gel-Noosa tri 9 speed trainer, £107
Asics
asics.co.uk

BELOW
Men's jogger, £28
Next
next.co.uk



BELOW
Dolphin swimsuit, £60
Sweaty Betty
sweaty
betty.com



LEFT
Azzuri performance reflective jacket, £15
Compression performance bottom, £13
Heatons
heatons
stores.com

MODEL, RIGHT
Protector run jacket, £70
Stardust run tights, £65
Rubberised headband, £6
Sweaty Betty
sweatybetty.com



BELOW
Urdhva leggings, £80
Sweaty Betty
sweatybetty.com



ABOVE
Adidas Colorado Windbreaker, £43.99
Kit Bag
kitbag.com



ABOVE
Sweater, £35
River Island
riverisland.com



JO MALONE

Brand's offering Sunday sessions

★ Spend your Sunday in the company of Champagne, tea time treats and Jo Malone products.

Until the end of the month, the Jubilee Place Mall store will be offering customers a weekly chance to relax, with pampering hand and arm massage, tips to style with scent and the brand's Like Sunday Home Collection.

Staff will also be on-hand to help shoppers create a bespoke Jo Malone lavender bag to take home, inspired by the latest selection of fragrances.

Call into the store to book a Sunday appointment.

THE WHITE COMPANY

Smaller store closes its doors

★ The White Company closed the doors to its store in Cabot Place Mall on Saturday.

But fans of the brand – which offers luxury homeware, toiletries and clothing – need not fear.

Last year's extension to Canary Wharf's Jubilee Place Mall saw the creation and opening of a bigger outlet for the firm, housing a wider product selection.

Food



COOK WITH QUINTON BENNETT

Spiced butternut squash soup with mushrooms

This is a true winter warmer – there's nothing better than snuggling down when it is cold, wet and windy outside to a good, warm, spiced soup. The butternut, chestnuts and wild mushrooms hit all of the right notes at this time of year.

Serves 4

Ingredients

1 large butternut squash
1 onion, sliced
1 clove of garlic, crushed
100g chestnuts
1 tsp mild curry powder
1 tsp cumin
1 tsp cinnamon
10ml olive oil
2 tsp sugar
75ml double cream
2 litres water
100g wild mushrooms
100ml crème fraîche
Salt and pepper

Method

Peel the butternut squash and dice into cubes, taking care to remove seeds.

In a deep saucepan, sauté the onions, garlic, chestnuts,



Serve the soup with crème fraîche and sourdough bread

cumin, curry powder and cinnamon until the onion is soft. Add the cubed squash, cover with water and simmer with the lid on.

When the squash is nice and soft, remove from the heat, cool slightly and blend until smooth. Season with salt, sugar and pepper.

Reheat and whisk in the cream, and thin out the soup with a little water if preferred.

Sauté the wild mushrooms and season. Use these as a garnish on top of the soup, along with a dollop of crème fraîche.

Serve with sourdough, grilled with olive oil.

Quinton Bennett is head chef at The Gun, 27 Coldharbour, Docklands, E14, thegundocklands.com

Making fish a part of your day-to-day diet is vital

Lauren Taylor makes a case for having a few more fishies on your dishies to aid health and wellbeing

Whether it was a whiffy, overcooked piece of haddock as a child that's put you off, or a plate plagued with bones, many people simply won't touch fish, no matter how many delicious-looking seafood dishes grace our TV screens on *MasterChef*.

As an island nation, though, we have a fabulous array of flavours swimming locally on our doorstep.

Fish is high in protein, low in fat and needn't be too expensive or tricky to cook. And, with so many different varieties, it's impossible to get bored.

So it's a wonder why, compared to our Mediterranean friends, we're a bit unenthusiastic about fish in Britain.

I have several friends who won't touch it unless it's covered in breadcrumbs, chopped into familiar rectangle shapes and deep-fried within an inch of its life.

Fish is expensive. How can I eat more at a cheaper price?

"Ask your fishmonger what's in season because it will be cheaper. It's the same as a lot of foods, if you buy strawberries now they'll be far more expensive than in June."

Juliette Kellow
Fish Is The Dish nutritionist

levels topped up so it's essential that our diets contain it too.

Vitamin D is crucial for healthy bones, muscles and for maintaining the immune system, while it's also been linked with helping prevent diseases like heart disease, bowel and breast cancer and Type 2 Diabetes.

Experts advise we eat two 140g portions of fish a week, one of which should be oily. According to Fish Is The Dish nutritionist Juliette Kellow, making this a reality needn't be too hard.

"Find the fishmonger's counter at your local supermarket, they're the best people to give advice on all the different types of fish, and how to cook it," she said.

"If you've never really cooked fish before, start with something familiar like cod, haddock or plaice, making sure it's responsibly sourced."

Most fish comes in handy, single portions or can be filleted by a fishmonger, so it won't take much, if any, preparation, and it can be cooked in minutes.

"Get experimenting, have a play, and build your confidence," said Kellow. "If the kids are a bit resistant, start with homemade fish fingers or fishcakes."

"I used to make my little one a bit of mackerel mashed into some white fish, so he's growing up used to the taste of fish. Now he'll try anything."

Fish has a reputation for being a bit pricey, which can be a worry for families on a budget. But there's a solution here too.

"Ask your fishmonger what's in season because it will be cheaper," said Kellow.

"It's the same as a lot of foods, if you buy strawberries now they'll be far more expensive than in June."

"If people didn't grow up eating fish at home, it can seem intimidating with so many varieties."

"And now there's a new generation of mums not cooking fish for their kids. We need to encourage more parents to cook with it."

According to studies, vitamin D levels tend to be lowest from January to March, so now's the perfect time to make fish the dish of the day. Why not kick off the New Year with a good old piece of fresh fish from the British Isles and a spot of home cooking?

To get you started, here's a recipe to tickle your tastebuds, even if it isn't trout.



AMERIGO VESPUCCI



THE FUTURE IS CLEAR.
BRAND NEW TERRACE NEWALFRESCO
BAR, RIVERSIDE LOCATION, SERVING
ITALIAN TAPAS, SPORTING EVENTS ON TV,
NOW OPEN ALL DAY FOR COFFEE AND
PASTRIES. IDEAL SUMMER VENUE

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.

Follow us: @avitalian
Like us: Amerigo-Vespucci
www.amerigovespucci.co.uk

Amerigo Vespucci,
25 Cabot Square,
Canary Wharf,
London E14 4QA
0207 513 0288





Above, the finished recipe and below, the raw product straight from the sea

Sea bass with Bombay potatoes

Ingredients

2 sea bass fillets
2 large potatoes peeled and
diced into 1cm chunks
1 clove garlic crushed
½ chilli, sliced
1tbsp curry powder
½tsp mustard seeds
1tsp grated ginger (optional)
3 spring onions, sliced
2 eggs
Serves two

Method

Boil the potatoes in salted water until tender, then drain. Slash the skin of the sea bass three or four times, then brush the fillets with oil and season. Cook under a preheated grill, skin side up, until the skin is crispy and then turn over and cook the flesh side for one minute. Heat a little oil in a non-stick

pan, add the mustard seeds and allow to pop. Next add the ginger, garlic, chilli and curry powder, cook for one minute, then add the potatoes. Continue to cook, turning gently until they are brown and crispy. Remove from heat. Fry the eggs. Spoon some potatoes onto a plate and top with a sea bass fillet, then a fried egg.



For lovers of sweets and beers

★ Whether you've got a sweet tooth or a craving for craft beers, new openings at Westfield Stratford City should cater for every taste.

Milkshake brand SBlended recently opened its doors, allowing shoppers to challenge their taste buds with a choice of more than 1,000 confectionery and fruit ingredients whipped up with lashings of milk and ice cream to create drinks of pure indulgence.

Best-selling concoctions include Golden Balls – with Ferrero Rocher, Nutella and a nutty top.

SBlended is making its first mark in east London too – existing restaurant, Bumpkin, has created a stylish loft bar that customers can kick back and relax in. Comfy leather sofas surround a fireplace while the venue's new street food menu and selection of bar food, coupled with a selection of Bumpkin beers, craft ales, wines and cocktails, offer a perfect excuse for an evening spent socialising. Go to uk.westfield.com/stratfordcity.

2 Fresh places for Wharfers to enjoy in Stratford



Smith's

Famous for Fish
Established 1958

Located on Wapping High Street (a stone's throw from Tower Bridge) with easy access from both Wapping Underground Station and Tower Hill Underground Station, Smith's in Wapping boasts spectacular views of the Thames River and Tower Bridge.

Visit our website for more details: www.smithsrestaurants.com

Set Lunch Menu £19.50 for 2 Courses

Available Monday to Saturday Lunch Times

Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

Oh. My. God. It's official. I am out of control. Well, I was until I stepped on the scales this week. Seven pounds on over the Christmas holidays. I didn't weigh in officially at Weight Watchers this week, just on the bathroom scales, but it was the shock I needed to get me back on track. Cue New Year's resolution – get back in the gym pronto and rapidly lose the festive flab (caused by all sorts of overindulgence, especially Ferrero Rocher). Step one accomplished. I've joined a new gym closer to home. Find out if I dropped the pounds next time.

■ Start: 14st 4½lbs
■ Now: 13st 3lbs
■ Goal: 10st 7lbs (or as near as)

RECIPE

★ Eating healthily doesn't mean eating tastelessly. Here's a delicious dinner of fragrant chicken and vegetables from the pen of celebrity chef Aktar Islam that will only take an hour and a quarter to prepare and cook.

Ingredients

1,000g chicken breast, skinless, raw
200g broccoli, raw, chopped
200g baby corn, chopped
200g courgette, chopped
1 medium green pepper, chopped
200g baby carrots, raw, chopped
150g Potatoes, raw, chopped into cubes
1 medium onion, chopped
150g cherry tomatoes, chopped
2 tbsp fresh coriander, chopped

For the spice mix

1½ tsp turmeric
1½ tsp ground cumin
2 cloves of garlic, crushed to a paste with a little water
2 tsp root ginger, grated and crushed to a paste with a little water
1½ tsp chilli powder
A few fresh curry leaves
2 tsp Olive Oil

Method

Preheat the oven to 190C. Cut the chicken into portion-sized pieces and score the flesh with a knife. Place in a bowl with the chopped vegetables, potato, onion and tomatoes.

Combine the spice mix ingredients together and stir into the chicken and vegetables, ensuring they are all well coated with the mixture.

Place the chicken and vegetables into a large non-stick roasting tin and cover with foil. Roast for 20 minutes, then remove the foil and continue roasting for approx. 40-45 minutes or until the chicken is cooked right through and the vegetables are well roasted.

When ready, stir through the fresh coriander and some extra curry leaves if you like. Serve with boiled brown rice.

■ For more recipes see the next issue of *WeightWatchers* magazine.



DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.



Taking a shot on the sixth hole of the Palmerston Course

There are no shortcuts when it comes to golf

Getting a solid grounding is vital when it comes to progressing, discovers **Jon Massey**

Golf is hard," Bocket Hall's pro, Simon Garner intones. "Imagine a tennis racket and ball. In golf we have a much smaller ball and a much smaller surface with which to hit it."

As a complete novice, I'm afraid I have bad news for those who wish to wield a wood with an acceptable level of skill.

I went to Bocket Hall in Hertfordshire looking for a shortcut to competency. But after three hours or so of tuition, never once striking a ball, I can report there ain't a quick fix. Abandon hope all those non-players who have signed up for an important corporate golf date in the coming weeks.

While contacts may be nurtured sweetly in the palatial restaurants and bars of the club which agreed to put up with me, sweet contact with the driver only comes through sustained practice.

To get into the sport then, is a long, aching road of commitment and dedicated work. Well, if you want to be any good, that is.

Simon suggests this partly explains the high churn of participants, with estimates in the millions picking up clubs only to leave them gathering mildew beneath the stairs.

Frustration at absence of progress is the culprit but the game is also lengthy and demands significant time, putting it at odds with many other pressures.

Simon is the bearer of good news, however. He contends everyone can improve with the right tuition, so where better for me to start?

Bocket Hall's Palmerston Golf Academy boasts superior facilities (it's £695 for a six-month pass that covers the various practice areas and the par-three Academy course).

Instead of heading for the immaculate driving range, putting green, chipping practice area or



Brocket Hall is seen from the 16th Green of the Melbourne Course at the estate

FACTFILE

■ A wide range of membership options are available at Bocket Hall including seven-day transferable membership for £15,000 with a £3,500 annual subscription fee. Lifetime membership is £70,000.
■ Corporate membership is available for one year at £15,000 with no annual subscription.

three-par course, we head for a nondescript barn. And, apart from a short spell putting, it's within that I spend my first golf lesson. No balls please.

Instead Simon talks at length in the manner of a man who knows all the jargon but prefers simple clear language.

I start splayed against the wall attempting to force the length of my spine flat. Everything's connected so the task is impossible. As one

part snaps into position, so another pops out. The message? In order to fluidly strike a ball, one's whole body has to work in harmony. To reinforce this, I spend the next 15 minutes or so hitting a padded wall with a club.

First using only my wrists, then arms, then torso. It's no surprise more power comes with more body parts, but there's a certain physical insistence imparted by the exercise. Thwack. Thwack, thwack, thwack.

A painstaking period follows as I'm taught how to set my body ready to swing. The idea is to build a solid routine that relaxes and prepares a solid stance that can be calibrated more finely, the more I play.

And, oddly, it works. Almost without noticing it I'm bitten by the bug. Even though I've not hit a ball, the cogs are whirring. Spurred on by Simon's encouragingly positive assessment of my video-captured lunge, I feel a sense of achievement.

The weekend after I beat my friend at pitch and putt. I'm still laughably bad but the routine adds a degree of consistency I'd never had before and an understanding that with a huge amount of practice and refinement I might manage a decent shot or two one day.

And, if you have the cash, where better than Bocket Hall, a splendid outpost of opulence not far north of London. In addition to the spotless Palmerston (par 73) and Melbourne (par 72) courses, designed by Donald Steel and Peter Allis and Clive Clark respectively, the estate provides superb accommodation in the form of restaurants, bars and conference facilities as well as expert advice and equipment.

But be warned. Once bitten you're likely to return again and again.

Go to bocket-hall.co.uk for more information about the club.

Tips to achieve those goals

RESOLUTIONS



Our fitness guru

Laura Williams
says start small

Tired of making unrealistic promises on January 1 only to find this week that the juicer's gathering dust and the Creme Egg ads are making you salivate?

It's time for a re-think. I've taken the top traditional New Year's resolutions and turned them into do-able, effective versions for you:

■ Get out of your exercise routine rut

Instead of setting a generic target like exercising more, commit to making a specific change.

Whether your current routine consists solely of walking for the bus or long distance running, pledge to add one new activity – a circuits class or a weekly living room session of body weight exercises – to kick start your fitness routine.

■ Create a specific calorie deficit each week

Don't pledge to lose a stone. It might sound bold and exciting initially but when the take-away's calling after a hard day, it will seem impossibly tough.

Having a strategy in place, however, to lose a pound a week via a specific plan of eating less and moving more will be easier to stick to and, by moving the figures around, you can still factor-in the odd takeaway.

Do the maths and you'll gain more control.



Too tough: Aim to increase your core before resolving to get abdominals that would rival an Olympian

■ Keep kitchens and desk drawers temptation free

Pledging to give up something you love for an indefinite period of time invariably ends up with said substance making its way into your tum within, erm, about seven days.

However, making those things less accessible on a long term basis will help you reduce your intake.

Banishing bottles of Rioja from the house or oversized tubs of flapjack from your desk drawer might mean the difference between failure and success – a trip to the pub or vending machine is harder work than opening a cupboard door.

■ Work to improve your core strength

A six-pack is a big ask of your willpower. It involves ditching nearly every naughty food and alcohol habit and embracing mantras like "eat, train, sleep" which aren't compatible with a sane life (unless you're a narcissistic fitness freak).

Turning the dial down on big food portions, taking up regular cardio to help shift belly fat and then working on your deep abdominals and lower back muscles will still help to transform a post-Christmas belly into one that you'll be proud to bare on the beach by summer.

■ Take a couple of days off the sauce a week

Unless you're looking for a fashionable way to drop a load of calories under the guise of health for a few days, OTT New Year detoxes aren't necessary – your liver and kidneys have that covered.

But a few alcohol-free days a week not only gives your liver a rest, it also lessens your body's tolerance to alcohol – good news all round.

■ Balance your TV time with sweat minutes

Earn those couch potato sessions. Saturday matches will seem so much better if you made it to the gym in the morning.

There's nothing wrong with an afternoon on the sofa but when your daily steps don't even clock up to 1,000, it's time to act.

■ Sign up for a 10k race, not a marathon

Running a marathon is an amazing achievement but signing up for one is not something to be taken lightly unless you're a seasoned runner.

How do I manage stress in my life?

"Taking a break from the office or living room and heading outdoors may sound too simple to be effective but it can really help."

Instead, a 10k is still an impressive distance and a much wiser choice before you commit to its scarier big brother.

■ Get out in the fresh air every single day

It's all very well promising to manage stress levels after two weeks off but when you're back in the thick of it, there's often very little you can do to handle a hectic family life and large workload.

Taking a break from the office or living room and heading outdoors may sound too simple to be effective but studies have found direct exposure to nature can really help.

REEBOK SPORTS CLUB

Extra session for Wharf bellydance

★ Fans of Bellydance Fit can now start their Wednesdays with some shimmering moves after a new addition to the Reebok Sports Club timetable.

The popular Sunday afternoon class, led by personal trainer Nadir Hergunerler, embraces aspects of her Turkish-Cypriot heritage for a fun workout filled with sensual dancing and plentiful focus on the abs and core.

A new session, at 7am on Wednesdays now takes place. Go to reebokclub.co.uk.

BLISSKI

Get £25 off normal treatment price

★ Connect with your physical, emotional and mental well-being with a session of spiritual healing in Greenwich.

Energy healer, psychologist and Reiki therapist Michelle Sands is offering a £25 discount on a full, 90-minute session at BlissKi throughout January, bringing the price to £75.

Places are on a first-come-first served basis. Email michelle@blisski.com to book or go to blisski.com for more information.



Carrot Cars



0207 005 0557



Card terminal in every car!
bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk



Cheap, clean, reliable minicabs

We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to PlanetRecruit.com/jobs

PlanetRecruit
JOBS FOR TECHNOLOGY PROFESSIONALS

WLTM...



YOUR local dating service, run by the dating experts who have been established since 1990. REAL people in YOUR area...

Here's how to use the dating service ...

To place your own advert call:
0844 887 4091
and follow the simple instructions

Call today!

To reply to members call: **0906 500 3729**
call cost £1.53 per min
Before you dial! Have the adverts 6-digit box number written down and **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

To reply to members by text ...

Simply send **REPLY 1** (leave a space) then enter the six-digit box number given on their advert (leave a space) and then enter your message & send to **80098**, eg: **REPLY1 123456 hi get in touch...** then send to **80098**

Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message? Pickup your replies on: **0906 500 3731**
calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&C'S BELOW)

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

DEE 41, 5ft 10ins, black, uncomplicated, likes countryside, theatre, cinema, wine bars, meals out, seeks lovely male, 50 plus to share life with. Tel No: 0906 500 3729 Box No: 409741

ATTRACTIVE cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1959 Box No: 408297

CAROLYN friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

EASY going female, 50, 5ft 6ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

ANNA, busy mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box No: 366019

DOWN to earth female, good heart, attractive, fair hair, green eyes, 5ft 7ins, good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

SANDY 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

SUSIE, seeks fifty shades of grey with guy any age but must be discreet, call and I will explain why. Tel No: 0905 002 1953 Box No: 407321

52YR old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

CARING lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

SHIRL 69, true romantic, seeks clean shaven, N/S, romantic male, cosy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

SARAH pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3729 Box No: 408879

IS there a gentleman out there? 53, blonde hair, blue eyes, 4ft 11ins, likes nights in/out, seeking gent, 50-60 top treat lady who she should be. Tel No: 0906 500 3729 Box No: 408825

CUSTOMER SUPPORT

Call **0844 800 1188** Monday - Friday 10am - 4pm or email us at support@jmediauk.co.uk

EASY going 50yr old young at heart lady, Caribbean, honest, sincere, caring, likes music, cooking, meals out, walks, nights in, seeks N/S, honest, sincere male, 49-60 for LTR. Tel No: 0906 500 3729 Box No: 409399

WHITE female, 55, seeks white male, 50-55, likes travel, concerts, sports, TV, meals out. Tel No: 0906 500 3729 Box No: 409315

SUE young at heart female, very adventurous and looking for no strings fun with mature man. Tel No: 0906 500 3729 Box No: 409251

JAN 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 409107

JOANNA slim attractive blue eyed blonde nurse, divorced with two teenagers, lots of love to give, looking for Mr Right, call me lets put the spark back. Tel No: 0906 500 3729 Box No: 409097

FLOR beautiful educated European blonde, articulate, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 408293

CAROL 35yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important life. Tel No: 0906 500 3729 Box No: 409085

LIZ 24 attractive blonde, green eyes, size 14, likes golf, pubs, comedy, holidays, WLTM professional well built male for romance, life and more. Tel No: 0906 500 3729 Box No: 408303

HI I am Sally a single 28yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. Tel No: 0906 500 3729 Box No: 407951

VICKY attractive slim 32yr old nurse, new to the market with no hang ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. Tel No: 0906 500 3729 Box No: 407035

BORED fed up and lonely too? Lorraine pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. Tel No: 0906 500 3729 Box No: 407007

KATIE slim racey female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. Tel No: 0906 500 3729 Box No: 407045

KEELY blonde 18yr old, blue eyes size 10, busty, stays at home too much and looking for casual fun with older male with OHAC. Tel No: 0906 500 3729 Box No: 385377

DIANE average sort of lady seeking an average sort of man who will love me for who I am, appreciate my life, consider my interests and want to get to know me. ACA. Tel No: 0906 500 3729 Box No: 402265

JAYNE 44 bored, underappreciated pretty blue eyed intelligent lady seeking fun and interesting professional in similar situation to me for discreet fun times. Tel No: 0906 500 3729 Box No: 403011

TRISH shy divorced attractive female, slim, petite, genuine, caring, enjoys holidays, countryside etc, seeking similar nice male to hopefully fall in love with. Tel No: 0906 500 3729 Box No: 406697

PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well built male with passion for life to get together with. Looks/unimportant. Tel No: 0906 500 3729 Box No: 339087

VOLUPTUOUS young at heart 60, 5ft 6ins, dark auburn hair, hazel eyes, N/S, likes music, travel, meals out, GSOH, seeks tall, genuine, caring, young at heart male, 58-64 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 408255

64YR old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 58-64 for genuine relationship. Tel No: 0906 500 3729 Box No: 408573

MARGA elegant attractive affectionate lady who enjoys many varied interests WLTM genuine male 50-60yrs for mutual indulgences. Tel No: 0906 500 3729 Box No: 408511

ALEX 35, very attractive, slim, blonde, caring sensitive single mum, likes meals in/out, nice pubs, WLTM similar male/dad to love and care for. Tel No: 0906 500 3729 Box No: 408503

25YR old very lonely unloved Asian female seeking true love, must be very discreet, enjoy good nights out and able to accommodate cosy nights in. Tel No: 0906 500 3729 Box No: 408249

CHRIS 39yr old attractive well built sporty lady looking for tall, happy, well built male to enjoy adult companionship, hopefully leading to more. Tel No: 0906 500 3729 Box No: 407935

LUCY truly wonderful brunette who really loves life, seeking sincere male for true friendship with a little romance thrown in for good measure. Tel No: 0906 500 3729 Box No: 407457

63YR old lady, seeks similar gent, 65-70 who is honest, reliable and loves holidays. Tel No: 0906 500 3729 Box No: 386319

LIZ 24 attractive blonde, comedy, eyes, size 14, likes golf, pubs, green eyes, holidays, WLTM professional well built male for romance, life and more. Tel No: 0906 500 3729 Box No: 408303

HI I am Sally a single 28yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. Tel No: 0906 500 3729 Box No: 407951

VICKY attractive slim 32yr old nurse, new to the market with no hang ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. Tel No: 0906 500 3729 Box No: 407035

BORED fed up and lonely too? Lorraine pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. Tel No: 0906 500 3729 Box No: 407007

KATIE slim racey female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. Tel No: 0906 500 3729 Box No: 407045

KEELY blonde 18yr old, blue eyes size 10, busty, stays at home too much and looking for casual fun with older male with OHAC. Tel No: 0906 500 3729 Box No: 385377

DIANE average sort of lady seeking an average sort of man who will love me for who I am, appreciate my life, consider my interests and want to get to know me. ACA. Tel No: 0906 500 3729 Box No: 402265

JAYNE 44 bored, underappreciated pretty blue eyed intelligent lady seeking fun and interesting professional in similar situation to me for discreet fun times. Tel No: 0906 500 3729 Box No: 403011

TRISH shy divorced attractive female, slim, petite, genuine, caring, enjoys holidays, countryside etc, seeking similar nice male to hopefully fall in love with. Tel No: 0906 500 3729 Box No: 406697

PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well built male with passion for life to get together with. Looks/unimportant. Tel No: 0906 500 3729 Box No: 339087

VOLUPTUOUS young at heart 60, 5ft 6ins, dark auburn hair, hazel eyes, N/S, likes music, travel, meals out, GSOH, seeks tall, genuine, caring, young at heart male, 58-64 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 408255

0906 500 3729 Box No: 407845

LOVELY tall slim nurse, very caring and fun but missing that va-va-voom! Seeks adventurous male who's up for fun times. Tel No: 0906 500 3729 Box No: 374159

FULL time vacancy arisen for open minded male seeking uncomplicated relationship with slim professional 39yr old female with wicked sense of humour. Tel No: 0906 500 3729 Box No: 374157

JULIE big blue eyed blonde size 12 glamorous granny, 40's, likes a good film with a nice wine, walking, meals out, seaside, seeking young at heart male 40-55yrs LTR. Tel No: 0906 500 3729 Box No: 393475

CLAIRE looking for adventurous male to life to the max and enjoy adult fun times with. Go on give me a call. Any age. Tel No: 0906 500 3729 Box No: 408419

0906 500 3729 Box No: 402993

JACKIE young looking slim attractive sexy 34yr old lonely girl looking for Mr Right who wants to get to know me and wants a good time doing it. Tel No: 0906 500 3729 Box No: 407205

ROSS very broadminded smoker looking for lots of fun and laughs with similar genuine, loving, kind male. Single dad welcome, age/looks unimportant. Tel No: 0906 500 3729 Box No: 407929

LISA tall slim blonde divorced mum of one, 39yrs OHAC, employed, wicked SOH. WLTM male who like me loves life, for good nights in/out and quality times. Tel No: 0906 500 3729 Box No: 402259

JULIE attractive slim petite female with nice smile and pretty blue/green eyes, many interests, WLTM nice sincere gent with GSOH to enjoy life with. Tel No: 0906 500 3729 Box No: 406703

MARIA 30 dark hair/eyed size 12 attractive, outgoing, easily pleased, likes nights in/out, seeking romantic loving guy with GSOH. Tel No: 0906 500 3729 Box No: 406703

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

No: 407301

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&C'S BELOW)

BLACK male, 46, kind, caring, easy going, seeks white female, 43-50 for lasting relationship and good times. Tel No: 0906 500 3729 Box No: 409811

NICE Indian guy looking for fun and friendship Tel No: 0906 500 3729 Box No: 409281

TALL handsome, fit white male, 50, 6ft, seeks slim, attractive, black female, 38-50

for friendship and romance. Tel No: 0906 500 3729 Box No: 409061

WARM hearted, honest, kind, caring Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 409689

JOHN 65, young, likes golf, rock, jazz, theatre, cinema, seeks lady with GSOH. SE London. Tel No: 0906 500 3729 Box No: 409687

BUILDER 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 409474

MICHAEL 51, looking for fun, friendship with older lady 60 plus. Tel No: 0906 500 3729 Box No: 408419

CHRIS 41, vegetarian, N/S, likes alternative cinema, music, theatre, seeking female, 35-40. Dagenham. Tel No: 0906 500 3729 Box No: 409045

MALE 38, attractive 38, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, attractive, slim female, 28-40 for lasting relationship. Tel No: 0906 500 3729 Box No: 408927

TERRY divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 408943

STEVE 59, honest, genuine, warm hearted, seeks similar slim, lonely lady for loving relationship. Tel No: 0906 500 3729 Box No: 408805

DAVID 46, Jamaican heritage, likes keep fit, pubs, cinema, seeks female. Tel No: 0906 500 3729 Box No: 408331

REGINALD 64, 5ft 10ins, blue eyes, slim, divorced, caring, romantic, honest, retired, seeking lady, 60-65 for friendship and fun. Tel No: 0906 500 3729 Box No: 409545

STEVE fun loving male, own transport, seeks similar lady for extracurricular activities, must be discreet. Tel No: 0906 500 3729 Box No: 409485

WHERE have all the red heads gone. Male 51, N/S, seeks illusive N/S red head lady, 45 plus, petite, slim, medium, buxom, reckles a plus. Tel No: 0906 500 3729 Box No: 409481

BILL 66, young looking, still works, can climb ladders, do cart wheels, N/S, seeks female, 58 plus for fun times. Tel No: 0906 500 3729 Box No: 409387

BLACK guy 67, feels 50, looks 40, genuine, caring, fit, active, GSOH, seeks English Rose, 63-70 for genuine LTR. Tel No: 0906 500 3729 Box No: 409369

MIKE 5ft 11ins, brown hair/eyes, romantic, honest, seeks slim, red haired female, 30 plus to fall in love and travel the world. Tel No: 0906 500 3729 Box No: 409337

BUSINESSMAN 65, slim, sporty, own company, seeks attractive lady, 20-65 for casual no strings relationship. Tel No: 0906 500 3729 Box No: 409307

STEVEN 6ft, black hair, brown eyes, professional, seeks bubbly, outgoing, broadminded, fun female, 35-60 with GSOH. Tel No: 0906 500 3729 Box No: 409291

ATTRACTIVE man, seeking someone who likes Pina Colada and getting caught in the rain. Tel No: 0906 500 3729 Box No: 409211

LES 56, seeking female for relationship and to enjoy life. Tel No: 0906 500 3729 Box No: 409343

MALE new to area, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409193

BLACK male, 50, young at heart, bubbly,



seeks buxom, pear shaped, voluptuous white female, 25-55 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 407397

MALE seeks natural N/S lady 50-60 plus for meals out, nights in/out etc. Tel No: 0906 500 3729 Box No: 409063

TED 62, divorced, smoker, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 409057

TRUSTWORTHY active, easy going, N/S male, 69, seeking warm, positive, loyal, slim 60's lady for companionship, maybe more. Tel No: 0906 500 3729 Box No: 409129

CHRIS 41, vegetarian, N/S, likes alternative cinema, music, theatre, seeking female, 35-40. Dagenham. Tel No: 0906 500 3729 Box No: 409045

MALE 38, attractive 38, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, attractive, slim female, 28-40 for lasting relationship. Tel No: 0906 500 3729 Box No: 408927

TERRY divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 408943

STEVE 59, honest, genuine, warm hearted, seeks similar slim, lonely lady for loving relationship. Tel No: 0906 500 3729 Box No: 408805

WHITE guy 6ft 4ins, brown hair/eyes, seeks female for friendship, possible relationship. Personality more important than looks. Tel No: 0906 500 3729 Box No: 408717

BRIAN 50, 5ft 9ins, medium build, attractive, GSOH, easy going, likes cinema, Sussex coast, live music, seeks attractive white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 408687

Men seeking men

TALL handsome, professional male, seeks down to earth, attractive, smart, sophisticated, simple lady for caring relationship. Tel No: 0906 500 3729 Box No: 407169

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

WHITE male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship.

Friends

Tel No: 0906 500 3729 Box No: 409225

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. Tel No: 0906 500 3729 Box No: 409225

TEXT: CHAT1 TO: 80098

80098

START CHATTING TODAY!

*TEXT: 80098 Cost £1.50/msg received, for full t&cs see below

the Road

FIRST LOOK

Lamborghini is savage animal

Mike Torpey
The Wharf

A raging bull is being primed to gore and savage its way to the top of the super sports car scene.

It comes in the shape of the new Huracan from Italian brand Lamborghini, which will replace the iconic Gallardo model – the most successful car ever produced by the company with more than 14,000 examples sold.

Huracan takes its name, like all Lambos, from the world of bull-fighting in honour of a bull from the Spanish Conte de la Pilla breed known for his outstanding courage and strong sense of attack.

He fought in Alicante in August 1879 and remained invincible.

Lamborghini say the newcomer, which will make its debut at the Geneva Motor Show in March having already been previewed to "qualified

prospects" worldwide, will mark a new era for the company.

The promise is of a super sports car experience on a new level – a combination of absolute performance, ease-of driving and luxury.

Powered by a 5.2-litre V10 engine producing 610bhp and mated to a seven-speed dual clutch transmission, the Huracan is capable of scorching from 0-62mph in 3.2 seconds and on to 125mph in less than 10 seconds.

And thanks to the Stop & Start technology, the combined fuel consumption figure has been reduced to a fraction below 19mpg, while CO2 emissions are 290g/km.

The Huracan's different driving modes can be selected via a driving dynamics selector switch in the steering wheel – from traction-oriented on the road to extreme performance on the racetrack, with three set-ups of Strada, Sport and Corsa.

610
Bhp that is produced by the Huracan's V10



The Huracan is capable of reaching 62mph in just 3.2 seconds



The modes govern everything from gearbox and engine behaviour to the sound, the four-wheel-drive system and electronic stability control, and carbon-ceramic brakes are standard.

Inside, a 12.3-inch colour TFT instrument panel delivers info like rev counter, navigation maps and infotainment, and can be configured by the driver in different set-ups.

You also get Nappa leather and alcantara upholstery in several colour combinations.

DEFY CONVENTION



EYE-CATCHING FIGURES



From
£249
per month*

NEW Mazda6

SALOON 150PS SE-L DIESEL

Up to 67.3mpg combined
CO₂ emissions from just 108g/km
£0 road tax for the first year*



From
£279
per month*

Mazda CX-5

150PS 2WD SE-L DIESEL

Up to 61.4mpg combined
CO₂ emissions from just 119g/km



To find out more visit www.romford-mazda.co.uk or call 01708 735735

Romford Mazda

299/307 Collier Row Lane, Romford
Essex RM5 3ND 01708 735735

The official fuel consumption figures in mpg (l/100km) for the Mazda range: Urban 25.4 (11.1) - 55.4 (5.1) Extra Urban 45.6 (6.2) - 78.5 (3.6) Combined 35.3 (8.0) - 67.3 (4.2). CO₂ emissions (g/km) 188 - 108.

The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

*Offer available to individuals for orders received between 01.10.2013 and 31.12.2013. Figures based on Mazda Personal Contract Hire on a non-maintenance contract hire package over 24 months and 9,000 miles. Monthly payments are £249 (inc VAT) for the Mazda6 Saloon 150PS SE-L Diesel. Monthly payments are £279 (inc VAT) for the Mazda CX-5 150PS 2WD SE-L Diesel. Rentals and excess charges are based on the current VAT rate. An excess charge of up to 11.87p/mi (exc VAT) will be applied for mileage in excess of 9,000 miles p.a. Excess charges also apply if the car is not serviced and maintained in accordance with manufacturer guidelines and returned to Mazda Contract Hire in a condition commensurate with the BVRLA Fair Wear & Tear guidelines for its age and mileage. Package includes RFL and Mazda Roadside Assistance. Offer subject to availability and status. UK supplied vehicles only. For full specification, details, terms and conditions contact your local retailer. Guarantee and/or indemnity may be required. Applicants must be 18 or over. Details correct at time of publication and may vary, eg. if list price changes. Personal contract hire by ALD Automotive Ltd., trading as Mazda Finance, is available from ALD Automotive Ltd. for the introduction. Model shown with monthly payment: Mazda CX-5 150PS 2WD SE-L Diesel, OTR £23,295 and new Mazda6 Saloon 150PS SE-L Diesel, OTR £22,795. Mazda CX-5 shown features optional Paintflair paint (E630) and the new Mazda6 features optional Soul Red Metallic (E660). On the road prices include 20% VAT, number plates and 3 years' European Roadside Assistance.

LondonEYE



REUTERS

LUKE MACGREGOR



HOOP SWINGING

An artist performs an aerial routine during a dress rehearsal for *Quidam*, a show featuring performers from the Cirque du Soleil, at the Royal Albert Hall.

NEIL HALL



PAYING RESPECTS Mourners arrive for the funeral of Ronnie Biggs in north London last week. Biggs was a small-time British criminal who became a celebrity during a life on the run after his role in the Great Train Robbery.

LUKE MACGREGOR



LEGAL AID

Trial lawyers demonstrate outside the Old Bailey during a strike in protest against government cuts of up to 30 per cent to taxpayer-funded legal fees which they say will drive away talent from the profession and endanger the criminal justice system.

NEIL HALL



EYEING UP THE BIRDS

A zoo worker counts penguins during a photocall at London Zoo last week. The annual stocktake at the attraction is a compulsory count, with the results data shared with zoos around the world and used to manage the international breeding programmes for endangered animals.

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You may have to change all of your plans when a problem suddenly requires your total support and help. Luckily you hold the power to control things.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Go on Pisces I dare you. Be you and not who others tell you to be. Allowing yourself this luxury can bring you your soul mate and expunge time wasters.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Don't keep looking back, but keep eyes forward. There is a future waiting for you to live it if you would let go of all that made you unhappy.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Family want you to tell them the truth and yet when you say what is really in your heart they seem to judge you for it. That's their problem, not yours.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Someone is trying to emotionally manipulate you and bully you and the longer you allow them to take up your valuable time the more damage is done.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You're finding it hard to get close ones to do what you want as a stubborn air the stars have placed over many of the signs has left you frustrated. Peace.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Your ruling planet hands you the gift of the gab and makes it hard for others to say no to you. Don't waste this gift. Use it where it's needed enjoy the results.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You manage mixing pleasure with business very easily this week. It's almost as if you've learnt from all that went wrong at the end of last year.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Close ones you thought you knew really well show a new side to their characters that may shock and disappoint you. Don't confuse actions with words.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You are acting more on hearsay than fact. This means your actions are not as confident as we were used to in the past. Don't be afraid to ask questions.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Something you thought was going to happen does not and you are left with many unanswered questions. Listen, don't talk and you'll discover riches.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

A recent disagreement must be smoothed over soon or you could be creating a rod for your own back. Others need more time. Give it to them.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



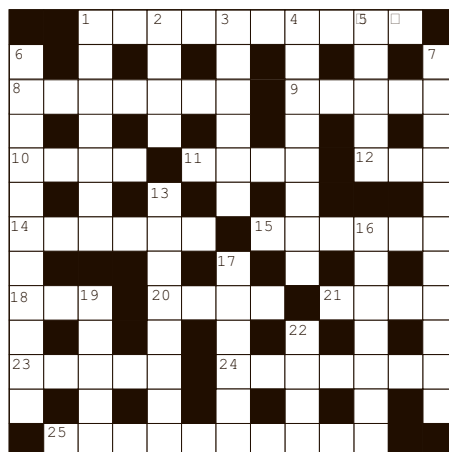
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of

winning, just tell us the name of the actor, pictured, who starred in *12 Years A Slave*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is January 17. You must include your name and postal address.



Crossword



ACROSS

1. From now on (10)
8. Opportunities (7)
9. Foremost (5)
10. Throwing line in darts (4)
11. Lacking fat (4)
12. Pair of people or things (3)
14. Rhythmic mover (6)
15. Insect type (6)
18. And not (3)
20. Takes a seat (4)
21. Approximately (2,2)
23. One with leprosy (5)
24. Dead and rotting flesh (7)
25. Toy weapon (10)

DOWN

1. Pagan (7)
2. Notch (4)
3. Follows (6)
4. Insulted (8)
5. Weary (5)
6. In an appropriate manner (11)
7. Forte (6,5)
13. Reprimands (8)
16. Obstruction (7)
17. Decorative plaster (6)
19. Indian monetary unit (5)
22. Worry (4)

ACROSS: 1. Heathers; 2. Nick; 3. Ensues; 4. Offended; 5. Tired; 6. Accordingly; 7. Strong point; 8. Dancer; 9. First; 10. Orche; 11. Lean; 12. Duo; 13. Censures; 14. Barner; 15. Bedbug; 16. Nor; 17. Stucco; 18. Rupter; 19. Rupee; 20. Sits; 21. Or so; 22. Lepet; 23. Leper; 24. Canyon; 25. Peashooter.

Sudoku

EASY

2	4		6	9	5	1	7	3
	6	1		7	3		4	
9		7	1	4	2			6
6	9	2		1		4	3	7
8	7		3		4			
	1		9	2	7		6	
7	8	9	2	5		3	1	
1	2				9	7		8
4		3				6	9	

HARD

							8	9
	9						2	
			9	1	4			
	7	1		4				
6					3			
9				5	8		1	
	8	4		7	3		6	
	3	7		5				
			2					

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Adult Massage

**Oriental Full body 2
body oil massage**
www.
londonbody2body.
co.uk
Many other Services
In or Out call
07779211427

**Eva
Massage**
Canary Wharf
Luxury Apartment
In calls only
07725 838733

High Class English
Independent escort new
to Canary Wharf area.
Luxury apartment
for incalls.
Tel: 07405031449

**Amazing
Chinese
Massage**
Luxury Rooms
Canary Wharf/
South Quay
07729 760888
www.gaomedical.co.uk
Free Packing & Card Accepted

Hostess & Escorts

Suzannes Escorts
Bookings
0871 222 0601
Calls to 0871 numbers cost 10p per minute plus network extras.
PO box 1211 and low customer service 0945 313 2074
Check out our girls on our web site
Info 090 673 91679
Calls to 0900 numbers cost £1.00 per minute plus network extras.
Po box 1211 and low customer service 0945 313 2074
www.SuzannesEscorts.Co.UK

*To your door
within the hour
or visit us by
appointment
Driver service
from the station
7 nights a week
till 3am*

**NEVER UNDER
ESTIMATE THE
POWER OF
ADVERTISING
RING
NOW!**

**Paying for your
ad is easy...**

When you use one of the
following methods:



Recruitment

vision express



Retail Apprenticeship opportunities
London area

Here at Vision Express we pride ourselves on providing rewarding, worthwhile careers where all employees can learn and develop. Through our new Optical Retailing Apprenticeship Programme you'll have the chance to take the first steps towards a wide range of exciting and diverse career opportunities.

Our Apprenticeship programme is ideal for school leavers looking to take their first step into the working world. There's no formal entry requirements but we're looking for people with lots of enthusiasm, who are warm, friendly and polite towards others. You'll also need to demonstrate a real passion for retail and customer service.

If you're looking for a totally unique career, then this could be the opportunity for you.

For more information and to apply please visit visionexpresscareers.com or call the Recruitment Team on 0115 988 2499.



LocalMole.co.uk
Digging for the best local businesses

**Blooming with
florists**



LocalMole.co.uk
The smart new
website for
finding trusted
local businesses.



www.localmole.co.uk

THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club



A chink of light at last

From the depths of despair we have at last got a chink of light that could be just what we need to turn our season round.

By appointing Ian Holloway on a two-and-a-half year contract, the club have made one of the biggest and boldest appointments they could have made.

There is no doubt about it, Holloway has not come cheap and the mistakes from the Lomas affair have cost the club a lot of money already and will cost a lot more if we get relegated.

Holloway is a great character. You just love to listen to his interviews to see what he is going to say next. But his track record at managing different clubs stacks up pretty well.

It was important the board of directors at Millwall moved quickly as this season was rapidly turning into a disaster for the club. Our embarrassing FA Cup exit at Southend last Saturday pretty much summed up our dismal season. Quite frankly we were awful.

More often than not you can stomach a defeat if the players put in a good performance and either came up short due to bad luck or the opposition being that bit superior.

That was the case in the previous match on New Year's Day when we dominated possession and had more chances than top-of-the-table side Leicester City, but we didn't get the luck and were unfortunate to lose 3-1.

We can't have the same argument in the cup match



In: Ian Holloway

“The appointment of Holloway is a positive decision

at Roots Hall though. To lose to a League Two side by that margin is just not good enough and certainly ranks alongside other poor cup efforts over the last 25 years such as losing to Woking at home and Cambridge United away.

I was concerned after the defeat the board would take too long to appoint the new manager and let the club drift, leaving the eventual appointment too much to do. So credit to them for moving fast.

With the all too many heavy defeats this season, along with the numerous recent sendings-off and too

many players seemingly not good enough for this level, it was looking more and more like a relegation season. Something needed to be done to pick the whole club up quickly.

The appointment of Holloway is a positive decision after more than a few questionable ones we have seen recently.

What the club were doing in signing loanee right back Justin Hoyte permanently while we didn't have a permanent manager, I don't know.

Hoyte has yet to prove he is any better than others such as Alan Dunne or Jack Smith and who is to say that Holloway will fancy playing Hoyte at all?

Meanwhile, last week, arguably our best player James Henry joined Wolves permanently for an undisclosed fee, probably around £250,000, about a quarter of his true value.

Alright Lomas didn't fancy him and he seemed to be Jackett's favourite son, but maybe Holloway might have managed to get Henry playing well for us again.

Although without knowing the exact ins and outs the deal may have been sown up as part of his loan deal package anyway. If it was, it was another less than ideal decision in hindsight. We might have lost him in the summer for nothing, but his replacements so far have proved unfit to lace his boots.

Either way, Holloway will have to work his magic without Henry's skills if we are to stay up this season. *Huddersfield v Millwall, Sat, 3pm.*

Takeover is 'real positive' for club

CHARLTON

Beth.Allcock
@wharf.co.uk

ADDICKS manager Chris Powell is eager to embrace a new chapter in the club's history following its takeover by Belgian entrepreneur, Roland Duchatelet.

Duchatelet's company, Staprix NV, acquired 100 per cent of shares, with the remainder of the deal being kept confidential.

And the January transfer market has already proved

fruitful for the new owner, who snapped up Standard Liege midfielder Astrit Ajdarevic on a six-month loan.

Talking of the appointment, Chris Powell told CAFÉ website: "I think it's a real positive move for everyone. He's very respectful of the football club and supporters and he will listen to everyone."

"He has ideas and he wants to improve the club on and off the field. I think he will immerse himself in everything red and white."

Richard Murray will remain on the Charlton board and take the position of non-executive chairman. Outgoing chairman Michael Slater will step down, as will Tony Jimenez and Martin Prothero.

On the pitch, Charlton face a duo of home fixtures, starting with the visit of bottom-of-the-table Barnsley on Saturday. Then follows the re-arranged FA Cup Third Round tie against Oxford United, on Tuesday, with kick off at 7.45pm.

Charlton v Barnsley, Sat, 3pm.

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ With the likelihood of bottomless ground at his beloved Warwick, the Colin Tizzard trained **Hey Big Spender** looks good value at 14/1 to land the Classic Chase on Saturday.

The eleven-year-old has saved some of his best performances for the venue and should go well in the conditions.



Arsenal's Tomas Rosicky celebrates

FOOTBALL

■ Arsenal can maintain their position at the top of the Premier League by beating Aston Villa in Monday's live Sky contest.

Villa stunned the Gunners at the Emirates on the opening day of the campaign but have gone backwards in recent weeks, while Arsenal come into the fixture on the back of four victories.

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

New players: Sign up and deposit £10 today and get

£30

to play with

WE'VE GOT
50,000
FULL HOUSES
EVERY MONTH!!

Join Mirror Bingo today at
MirrorBingo.com
MOBILE TABLET DESKTOP



*Based on October 2013. Over 18s only. See www.mirrorbingo.com for full Ts&Cs. Please gamble responsibly www.Gamblaware.co.uk

Sport

Wharf



HAIL HOLLOWAY

Ian Toal on Millwall's managerial signing **P55**

Big Sam is grateful to chairmen for backing

WEST HAM

Under-pressure manager says united front is welcome at difficult time

Rob.Virtue
@wharf.co.uk

The pressure's mounting on Sam Allardyce but the West Ham boss welcomed the backing of his paymasters this week.

Last week's 5-0 loss to Championship Nottingham Forest in the FA Cup came off the back of a seven-game winless run in the Premier League that had led to doubts over his position.

So a public letter praising the boss from the co-chairmen was well received.

"I'm obviously pleased by the united front we are trying to keep in these difficult times," said Allardyce. "When it comes publicly from the co-chairmen it is nice to see and hear. From our point of view we are all understanding the difficult position we are in at the moment."

"We all have to work through it together in the hope that we turn it around into a positive reaction in terms of our results."

The letter from joint-chairmen David Gold and David Sullivan to West



Struggling: Big Sam has been publicly backed by Davids Sullivan and Gold

Ham fans was released on the club's website on Monday.

Defending the set-up against Nottingham Forest, it said: "I know Sam would have loved to have put out a more varied side, with our talented youngsters accompanied by more senior players in the starting XI."

"But many key players are out injured and Sam has been handed a near impossible task of coming through three crucial games in the space of six days with a squad of only 14 fit and available senior players."

"This is not an excuse it is a fact. We know Sam has not lost his ambition or desire and is committed to making West Ham United a great Premier League club."

If Allardyce does make way, former Hammers boss Harry Redknapp is favourite with the bookmakers to replace him. Slaven Bilic and Malky Mackay are also being heavily tipped for the post.

Meanwhile, Allardyce believes long-term absent striker Andy Carroll may be in line for a return soon.

"Andy was in training on Tuesday and hopefully we'll see him on the bench in the next week or so," he said.

The Wharf went to press before West Ham's match against Manchester City on Wednesday. Go to wharf.co.uk for our match report.

Cardiff City v West Ham, Sat, 3pm.



On the mend: Andy Carroll could be playing again soon for West Ham

14

Members of the squad fit for selection

Outclassed by tough Lancashire outfit

RUGBY Blackheath fell to defeat at Flyde but two late goals softened the blow. For 70 minutes the south-east Londoners were outplayed in Lancashire.

Dave Allen and Ben Summers replied in the 33-17 loss.

For their next game, Blackheath take on Loughborough Students at Rectory Field on Saturday.



Blackheath's Richard Windsor attempts to make headway against a solid Flyde side

Sixth win in a row for rampant Lions

BASKETBALL London Lions continued their pursuit of the top four as they won their sixth consecutive game at the Copperbox, beating Glasgow Rocks 81-65.

Rod Brown led the Lions once more with 19 points, six assists and six rebounds, with Chez Marks scoring 13. The Lions will travel to Leicester to face the Riders on January 18.

PROPERTY

Wharf

Canary Wharf's leading property guide



Greenwich scheme tops out with a celebration

P17

Open the windows to tackle mould build up

P17

3

of the best properties available in London

P16



Preserving communal feel south of the river

Former school is regenerated as a series of new homes [Page 16](#)

ALAN SELBY
AND PARTNERS

www.alanselby.co.uk

020 7519 5900 | info@alanselby.co.uk

Estate Agents | Land & Development Consultants

3 OF THE BEST

Splash out



Guide: £1,600,000

Commercial Road, E1

A two-bedroom new build in a prime east London location. Includes LED mood lighting in all rooms.

stirlingackroyd.com

Spend more



Guide: £395,000

Amhurst Road, E8

A one-bed, one-bath Victorian conversion garden flat. High ceilings and some original features

stirlingackroyd.com

Spend less



Guide: £240,000

Mabley Street, E9

A two-bedroom flat close to Homerton and Hackney Wick stations. Includes fitted jacuzzi bath in the bathroom.

stirlingackroyd.com



For more properties on sale now in London, go to stirlingackroyd.com



The scheme on the site of a former school in Wandsworth will comprise 119 homes when completed

London living with a 45-minute commute

Beth.Allcock
@wharf.co.uk

Steeped in local history and boasting a vibrant postcode, The Schoolyard in Wandsworth could make the grade if you're looking to head south of the river.

Premium specification apartments offering one, two or three bedrooms have now been launched on the site of the area's former educational hub.

Cathy Lloyd, sales director at L&Q, said: "This development is a great opportunity for buyers looking to move into SW18.

"Wandsworth has always been a desirable and prestigious place to live, and attracts both young professionals and families alike. The variety

of homes at The Schoolyard offer a range of buyers the opportunity to enjoy living in this exciting and lively community right at the heart of the capital."

The developer is keen to stress The Schoolyard's spacious shared communal gardens – available to residents of all 119 properties – which it believes will preserve the "strong community feel" associated with the land's previous role.

Local Cherie Stockbridge, the third generation of her family to enrol at the former school, admitted she was pleased the scheme would continue to honour her fond memories.

Each building of L&Q's new offering will be named after members of the Stockbridge family.

What can buyers expect from the area?

"Wandsworth has always been a desirable and prestigious place to live, and attracts both young professionals and families."

All homes are adorned with modern accessories, including chrome fittings throughout, smooth finish white walls and hardwood flooring in the lounges.

Custom-built kitchens will benefit from integrated Zanussi and Electrolux appliances while

the bathroom features Roca Hall designs. A touch of luxury is granted with under-floor heating, built-in wardrobes and sliding mirrored doors as well as video-door entry systems.

The surrounding leafy locality offers green space where residents can unwind at nearby Wandsworth Common, in addition to bars, restaurants and easy access to Wandsworth Town Station, just a few minutes from the front door.

From there, Wharfers can expect a commute of less than 45 minutes.

Prices at The Schoolyard start from £335,000 for a one-bed apartment and £475,000 for a two-bed apartment.

Go to theschoolyardsw18.com.



An artist's impression of how the site will look when finished

Milestone marked at Greenwich scheme



Above, a show home at Greenwich Square. Below, an artist's impressions of how the development will look when it's completed



Greenwich Square tops out as town's east steams onward with regeneration

Beth Allcock
@wharf.co.uk

A development bringing both investment and affordable housing to east Greenwich has notched up its first construction milestone.

The topping out of Block One – part of Hadley Mace's £225million Greenwich Square scheme – was

celebrated this week. Representatives from the developer teamed up with Richard Blakeway, deputy mayor for housing, land and property at the Greater London Authority (GLA), to mark what he branded as a "great boost" to the local community.

Mr Blakeway said: "There is no greater priority than tackling London's housing needs and Greenwich Square is an excellent example of land owned by the GLA being put to use to deliver good quality homes."

"The development will provide an excellent mix of low cost homes and higher end accommodation, as well much needed new public facilities."

Greenwich Square is being built on the former Greenwich District Hospital site and comprises 645 new homes.

Why is this scheme important to London?

"There's no greater priority than tackling housing needs and Greenwich Square is an excellent example of GLA land being put to use."

Block One will house 121 affordable apartments as well as the Greenwich Centre, which will include a gym, two swimming pools, a library, medical practice and space for residents.

A public square at the heart of the scheme has been designed to act as a community hub, with the area to be surrounded by cafes and restaurants."

David Grover, director of Hadley Mace, said: "Greenwich Square's topping out ceremony marks a long-awaited investment into east Greenwich."

"This first construction milestone demonstrates the benefits of public-private consortium and brings regeneration to a significant but under-utilised area of London. I am delighted to see what has been achieved in just over seven months and I am confident that the team will continue to deliver over the next five years."

The affordable housing at Greenwich Square, totalling 144 shared ownership and 170 socially rented homes, is due to launch in March and will be available through L&Q

Go to greenwichsquare-london.com.



Simple things can help fight interior mould

Q I am a landlord and I noticed just a couple of weeks after my tenants moved in that they did not seem to be ventilating my apartment. It felt rather damp in there and there was condensation on the windows. Now they have reported black mould growing on the walls. What do you suggest I do?

A Having dealt with this first hand I can tell you that this black mould is almost 99 per cent the result of poor ventilation.

Condensation is one of the most common problems in homes. It occurs when warm moist air meets a cold surface. The water in the air settles as water droplets on the surface.

One of the most common signs – apart from water being



Black mould is likely to build up with prolonged condensation

deposited on cooler surfaces – is mould growth.

This will often look like 'black spots' (although it will completely cover a surface when conditions are right). Mould tends to appear on surfaces where condensation is a regular problem. In order to have condensation, moisture must be present in the air (water vapour) and this can come from a number of sources.

A normal household puts about 10kg of water into the air every day by activities including breathing, washing and cooking.

There are three main areas that will need to be managed – water vapour production, heating and ventilation.

Suggesting simple lifestyle changes can have significant effects. Opening all the windows in the house for five-15 minutes will get the air circulating through.

Keep some heat on during winter months and try to avoid drying clothes inside. Make sure extractor fans are working too.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



020 7112 4972
 info@metro-village.com
 www.metro-village.com



Trundleys Road SE8

Available December, three bedroom house in Surrey Quays, perfect for families and young professionals. Spread over two floors, this spacious end of terrace house benefits from a large open plan ground floor layout with the large living space and dining area, leading onto the large kitchen and accessible private garden to the rear of the property. On the first floor there are two spacious double bedrooms, and one generously proportioned single bedroom, also a lovely bathroom.

3 Bed House £435 Per Week



Empire Square SE1

Available immediately, this stunning one bed apartment in the highly desired Empire Square development, benefiting from a 24-7 concierge service and just minutes to Borough Station & London Bridge Station. With a large open-plan living space and ample storage within the bedroom, this generous apartment is on the market for just £450 per week! This unique gated development offers modern living within a vibrant and lively part of the city. This property is ideal for young professionals who work within London, looking for a stylish and secure part of London to live in.

1 Bed £450 Per Week



Plover Way SE16

Available now, this great two double bedroom, duplex flat situated in the popular Plover Way estate. This property has two spacious double bedrooms, two bathrooms (one of which is en suite), a large living area with plenty of storage and room for dining and a separate fully fitted kitchen and breakfast table.

You will also find a Juliette style balcony's in the living area and master bedroom. The property is available fully furnished and comes with communal parking.

2 Bed Duplex £415 Per Week



Fairmont House, Maple Quays SE16

A stunning two double bedroom, two bathroom luxury apartment in Fairmont House, part of the much sought after Maple Quays development on the doorstep (less than a minutes walk!) of Canada Water station. The spacious living room is furnished to a modern standard and opens directly onto a lovely terrace. The master bedroom has an enormous amount of storage, and a lovely en suite shower room. The second bedroom is also an excellent size. The property itself is finished to the highest standard, and is located within the Maple Quays development and so benefits from access to the private and very well equipped gymnasium (open 24 hours)

2 Bed £470 Per Week



Water Gardens Square

Located within the Water Garden Square, this spacious two bedroom apartment is just minutes away from the Canada Water station. The development benefits from a porter service, and there is secure underground car parking available by negotiation. This property is offered furnished to an impeccable standard, and benefits from solid wooden flooring. Modern open plan living and under-floor heating throughout. Both bedrooms are an excellent size and boast modern & comfortable double beds and ample storage, the master suit also has an en suite bathroom. As you would expect in this great development, the kitchen is fully fitted with all modern appliances (integrated oven, hob, dishwasher, washing machine & fridge/freezer).

2 Bed £420 Per Week



Ontario Tower, Maple Quays SE16

A fantastic opportunity to live on the fifteenth floor of Ontario Point! This shimmering 25 Storey tower houses this sumptuous one bedroom apartment on the 15th floor, which boasts uninterrupted views over the city skyline, including Tower Bridge, the Shard, St Paul's Cathedral, The London eye to name a few!

The development boasts a private and well equipped residents' gymnasium as well as 24 hour concierge service.

1 Bed £620,000

STOCK URGENTLY REQUIRED

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

www.metro-village.com



Where else in London are there 252 acres of open space on your doorstep?

Studio, 1, 2 and 3 bedroom apartments available

Green space is all around Glasshouse Gardens, from the landscaped gardens just outside through to Queen Elizabeth Olympic Park: a haven for wildlife and nature as big as Hyde Park. Whether you want to stroll through stunning open spaces, pedal along leafy canal banks or take the kids to the UK's largest playground, everything is right on your doorstep. Why save walks and outings just for weekends?

***Exclusive Sales Launch
11th-12th January 2014***

To book an appointment please call:

020 3002 6787

Register your interest at
ghgstratford@lendlease.com
ghgstratford.com

*Disclaimer The information in this document is indicative and is intended to act as a guide only as to the finished product. All images, furniture and landscaping shown are for illustrative purposes only. Detail design of facades and landscaping subject to planning agreement, individual features may change. These particulars should not be relied upon as accurately describing any of the specific matters described by any order under the Property Misdescriptions Act 1991. Information and images are not intended to form part of or constitute a contract or warranty.

Bigger + better in 2014

Celebrate

Eat

Drink

Network

Enjoy

Prices

**£85 per
person**

£80 for 4+

Email nikki.hamersley@wharf.co.uk or call 020 7293 2247 for bookings and more information

**HOSTED BY
LEE
HURST**



Tickets include a drinks reception in association with
Gaucho + three course dinner + wine and cocktails + evening
entertainment at the Hilton London Canary Wharf on May 8

GAUCHO

the **Wharf** May 8, 2014 **PROPERTY
AWARDS**

in association with **Gawor & Co**
Solicitors

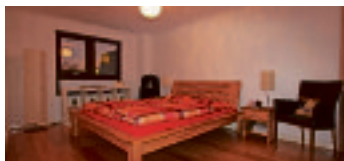


RiverHabitat.co.uk

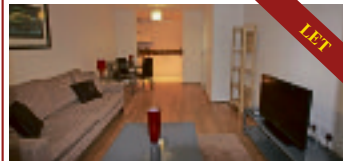
River Habitat

Property Brokers

DOCKLANDS & CANARY WHARF

**£520 PW****FREE TRADE WHARF, 340 THE HIGHWAY, LONDON, E1W**

- * Two bedroom apartment set on the ground floor
- * Huge Riverside Terrace for Entertaining
- * Part furnished
- * Gym Facilities on Site and Inclusive
- * Secure underground parking - separate negotiation
- * Exclusive gated development with Porter
- * Available 15th January 2014



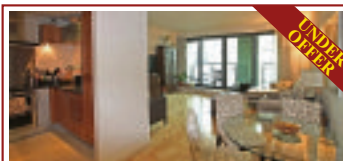
**SHEPHERD COURT,
2 ANNABEL CLOSE, LONDON, E14
£290 PW**

- Spacious one bed apartment with rear balcony
- Canary Wharf Walk In
- Poplar DLR • Available Furnished
- Perfect for Couple



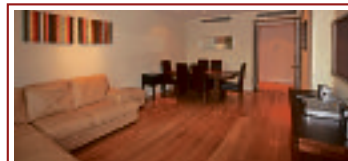
**DENISON HOUSE 105 LANTERNS
COURT, LONDON, E14
£310 PW**

- Spacious one bedroom apartment
- Furnished
- Concierge and Gym Facilities on Site
- Available 17th December 2013



**DISCOVERY DOCK APTS EAST,
SOUTH QUAY, LONDON, E14
£764,994**

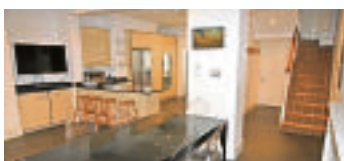
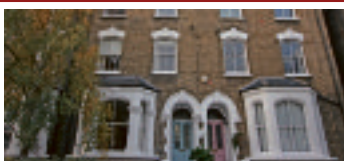
- Two double bedroom Apartment with Parking
- Situated on the 11th floor
- Full width balcony off the Reception with Dock views
- Concierge, Swimming Pool and Gym



**EATON HOUSE,
CANARY RIVERSIDE, LONDON, E14
£799,999 OR £750 PW**

- Two double bedroom
- Living space of 1,302 sq. ft
- Situated on the fifth floor
- One car parking space

BLACKHEATH & GREENWICH

**£1,450,000 FHD/£1,154 PCM****LANGDALE ROAD, GREENWICH, LONDON, SE10**

- * A beautiful six bedroom period house
- * Circa 2,800 Sq. Ft.
- * Lovely rear garden for entertaining
- * Short walk away from Greenwich Park



**MAZE HILL, GREENWICH,
LONDON, SE10
£600 PW**

- Separate kitchen opening out into the rear garden
- Good sized attic for storage and a garage
- Dining room/Reception room
- Furnished • Available Now



**MAURER COURT,
JOHN HARRISON WAY, SE10
£455 PW**

- Beautiful Three Double Bedroom River View Flat
- Direct river facing circa. 1,100 sq. ft
- Views of Internal Landscaped Courtyard also
- Dedicated Parking Space



**ALAMARO LODGE,
GREENWICH, LONDON, SE10
£270 PW**

- One bedroom furnished apartment
- Situated on the second floor
- View over the eco-pond, park and river beyond
- Available 27th December 2013



**VENICE CORTE, RENAISSANCE,
LONDON, SE13
£234 PW**

- Studio Apartment with Balcony
- Fully Furnished
- Excellent Transportation Links
- Available from 27th January 2014


www.RiverHabitat.co.uk

020 7791 9830

Info@riverhabitat.co.uk

The Suite LG, 655 Commercial Road, Limehouse, London E14 7LW



Sales, Rentals, Property Management & Acquisitions

020 7474 3636

mail@spencer-james.co.uk

SJ

SPENCER JAMES
RESIDENTIAL**LETTING WITH AN
UNLICENSED AGENT CAN
BE A DANGEROUS GAME...**

Make sure that your agent is licensed with the following...

**Galleons Lock, E16**

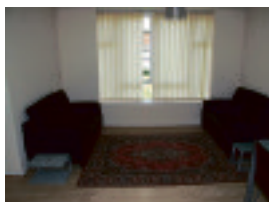
- Available Now
- Two Bedrooms & Two Bathrooms
- Large Reception Room
- Private Balcony With Dock Views
- 24HR On Site Security

£250 PW Fully Furnished**Royal Victoria, E16**

- One bedroom
- Views Over Excel
- Parking
- Close To Local Amenities
- Available March

£325PW Fully Furnished**Beckton, E16**

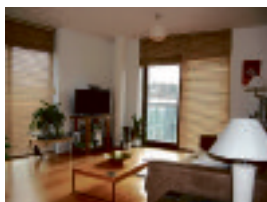
- Available Now
- Two Bedroom House
- Garden
- Prime Location

£280PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom Apartment
- Ground Floor
- 24HR Onsite Security
- Close To Local Amenities

£250 PW Fully Furnished**Royal Quay, E16**

- Available February
- Two Bedroom Apartment
- Sixth Floor
- Marina Views
- Modern Fitted Kitchen

£350PW Fully Furnished**Woolwich Road, SE10**

- One Bedroom Top Floor Apartment
- Large Reception Room
- Open Plan Modern Fitted Kitchen
- Double Bedroom With Fitted Wardrobes
- High Spec Bathroom

£275 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom Apartment
- Private Balcony With Views Of River Thames
- 24hr Security/Porter Service
- Close To Local Amenities

£300PW Fully Furnished**North Woolwich, E16**

- Available Now
- Three Bedroom Terraced House
- Modern Fitted Kitchen & Garden
- Gas Central Heating
- Close To Local Amenities & Street Parking

£315 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom Apartment
- Ground Floor
- Separate Kitchen
- Street Parking

£250PW Fully Furnished**Galleons Lock, E16**

- Two Bedroom Apartment
- Raised Ground Floor
- Open Plan Kitchen
- Secure underground Parking

£264,995 Leasehold**PUBLIC NOTICE**

Wards Wharf Approach, North Woolwich, London E16 2EY
Spencer James are now in receipt of an offer for the sum of **£280,000** for flat 33 Wards Wharf Approach, North Woolwich, London E16 2EY. Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

PUBLIC NOTICE

Harrison Bell House, Oak Crescent, Canning Town, London, E16. Flat 8 Harrison Bell House, Canning Town, London, E16 4QL. We are acting in the sale of the above property and have received an offer of **£170,000** on the above property. Any interested parties must submit any higher offers in writing to the selling agent before exchange of contracts takes place. Energy efficiency rating C.

**Galleons Lock, E16**

- Two Bedroom & Two Bathroom Apartment
- Offered Chain Free
- First Floor With Views Over The Lock
- Communal Parking
- Close To Local Amenities

£230,000 Leasehold**Galleons Lock, E16**

- Two Bedrooms
- Good Size Lounge
- First Floor
- Street Parking
- Close To Local Amenities

£245,000 Leasehold**Galleons Lock, E16**

- One Bedroom Apartment
- Offered Chain Free
- Bright & Airy Living Room
- Separate Kitchen
- Close To Local Amenities

£192,500 Leasehold**Galleons Lock, E16**

- Available Now
- Four Bedroom House With Private Garden
- Separate Kitchen, Three Bathrooms & Cloak Room
- Off Street Parking
- Close To Local Amenities

£480 PW Fully Furnished**Galleons Lock, E16**

- Two Bedroom
- First Floor
- Street Parking
- Close To Local Amenities
- Chain Free

£255,000 Leasehold**THIS WEEK'S
LETTING
HOTSPOTS**

This week we have registered applicants looking to rent in:

**Galleons Lock
Tradewinds Court
Capital East
Britannia Village****If you have a property to let in any of the above please call us.****www.spencer-james.co.uk**

wj meade

Established 1953

sales
lettings
valuations

DOCKLANDS & SURROUNDS

020 8981 3331



Bow, E3

W.J.Meade are pleased to offer this three double bedroom maisonette with private rear garden and driveway parking. Arranged with a modern fitted kitchen, L-shaped reception into conservatory, guest WC, and first floor bathroom. This is a well presented family home situated conveniently for Bow Road underground station, Roman Road market and Victoria Park.

£399,995 L/H



Mile End, E3

WJ Meade are pleased to offer this two bedroom split level apartment set over the top two floors of a Victorian house conversion. Arranged with it's own private entrance, fitted kitchen, separate reception room and three piece bathroom suite. Boasting some charming period features including original sash windows and cast iron fire places. Set on a quiet no-through road close to Mile End underground station, with easy access into the City and Canary Wharf.

£400,000 L/H



Limehouse, E14

W.J.Meade are pleased to offer this raised ground floor modern studio apartment within a private development alongside the Limehouse Cut canal. Arranged over 377 sq ft with a stylish fitted kitchen, designer bath suite and south facing balcony enjoying direct water views. Benefitting from on-site concierge, security entry phone system and close proximity to Westferry DLR allowing easy access into the City and Canary Wharf.

£229,995 L/H



Stepney, E1

A two double bedroom first floor modern apartment. Separate fitted kitchen to bright reception room with balcony. Fully furnished and available from End January. Situated within walking distance of both Mile End and Stepney Green underground stations.

£340 per week



Victoria Park, E3

W.J.Meade are delighted to offer for sale this modern three storey modern town house set behind electronic security gates with off street parking and integral garage. The many features include designer fitted kitchen/breakfast room, guest cloakroom, south facing terrace, reception room, two separate guest cloakrooms, four bedrooms, two bathrooms. Close to Victoria Park and easy access to Mile End and Bethnal Green underground stations.

£775,000 F/H



Bow, E3

W.J.Meade are delighted to offer for sale this two bedroom split level maisonette on the 15th floor of this purpose built block. The property has two bedrooms, reception room, kitchen, bathroom, separate WC, fully double glazed, central heating, lift to all floors.

£199,000 L/H



Stepney, E1

W.J. Meade are pleased to offer for sale this first floor apartment within this modern block. The features include double bedroom, bathroom, living room with open plan kitchen, triple glazing, wooden flooring and gas central heating (untested). The property is situated within walking distance of Stepney Green and Bethnal Green underground stations.

£250,000 L/H



Mile End, E3

There are both East & West facing views from this excellent first floor flat in a block moments from Victoria Park and close to Mile End. Reception room with high ceilings, two double bedrooms, kitchen and bathroom. Oak flooring throughout, Available beg February for long let.

£350 per week

STRATFORD & ROYAL DOCKS

020 8221 8161



Stratford, E15 – PUBLIC NOTICE

117B Chobham Road, Stratford E15 1LX
WJ Meade are now in receipt of an offer for the sum of £166,000 for 2 Falmouth Street.
Anyone wishing to place an offer on this property should contact
WJ Meade, 41 Broadway, Stratford E15 4BQ on 020 8221 8161 before exchange of contracts.



Stratford, E15

Two Double Bedroom ground floor flat set in a small development in Central Stratford minutes away from Stratford Station and Westfield Shopping Mall. This property is an ideal buy-to-let investment.

£165,000 L/H



Stratford, E15

A charming and inviting three double bedroom family home which has been much loved and cared for by its current owner, which can only be fully appreciated by an internal viewing. Located in a popular quiet turning only minutes away from Plaistow and West Ham Stations along with many bus routes.

OIEO £400,000 F/H



Stratford E15

School conversion
Three Double Bedrooms
High specification Kitchen & bathrooms
Impressive High ceilings
Fully furnished
Available now

£1,650 pcm

www.wjmeade.co.uk



JONES LANG
LASALLE®

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk



Aqua Vista, E3

£285,000 L/H

- Investment opportunity
- One bedroom
- Canal Views
- Luxury development

EPC - C



Wapping Lane, E1W

£315,000 L/H

- Luxury Studio suite
- Balcony, 6th floor
- 355sqft, south facing
- 24hr Concierge, gym & Spa

EPC - TBC



Ontario Tower, E14

£320,000 L/H

- Studio suite
- 22nd floor river views
- Newly refurbished
- 24hr concierge & gym

EPC - C



Mojo, E3

£385,000 L/H

- Investment opportunity
- Two bed, two bath
- Allocated parking
- Balcony, 8th floor

EPC - C



Baltimore Wharf, E14

£450,000 L/H

- One bedroom
- Courtyard view
- 8th floor, 500sqft+
- 24hr concierge & gym

EPC - B



Landmark East, E14

£470,000 L/H

- One bedroom
- 548sqft, 22nd floor
- 24hr concierge & gym
- Popular development

EPC - B



Canary Riverside, E14

£600,000 L/H

- Large apartment
- One bed, separate Kitchen
- Balcony & 24hr concierge
- Canary Wharf DLR & Jubilee

EPC - B



Baltimore Wharf, E14

£615,000 L/H

- Two bed, two bath
- 3rd floor, 829sqft
- Balcony
- Crossharbour DLR

EPC - B



Landmark East, E14

£680,000 L/H

- Two bed, two bath
- 28th floor, 872sqft
- Dock facing balcony
- Canary Wharf Jubilee & DLR

EPC - B



JONES LANG
LASALLE®

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk

Tenant agency fees: £240 inc VAT administration fee per property, £48 inc VAT referencing fee per Tenant/Guarantor



Mojo, E3

£280pw

- One bedroom
- Balcony
- Furnished
- Bow Church DLR

EPC - C



Aqua Vista, E14

£290pw

- One Bedroom
- Canal side apartment
- Daytime Concierge
- Langdons Park DLR

EPC - C



Millennium Drive, E14

£350pw

- Two bed, two bath
- Balcony
- Residents Parking
- Island Garden DLR

EPC - E



New Providence Wharf, E14

£380pw

- One Bedroom
- 24 Hour Concierge
- Gym & Swimming Pool
- Blackwall DLR

EPC - B

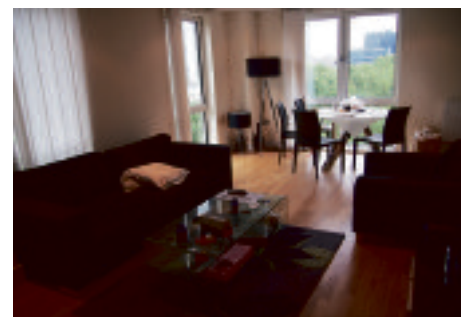


Boatyard Apartments, E14

£395pw

- Two bed, two bath
- Three balconies
- River Views
- Secure parking

EPC - B

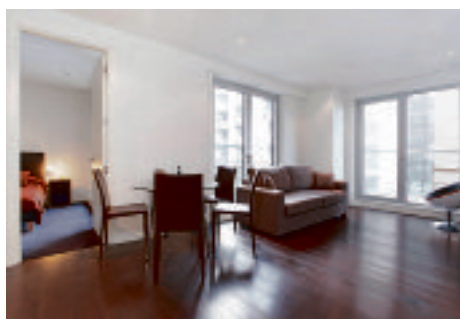


Indecon Court, E14

£550pw

- Three bed, Two bath
- Balcony
- Courtyard facing
- 24hr concierge

EPC - C



Baltimore Wharf

£595pw

- Two bed, two bath
- 3rd floor, 829sqft
- Balcony
- Crossharbour DLR

EPC - B



Ability Place

£595pw

- Two bed, two bath
- Balcony
- Gym & Parking
- South Quay DLR

EPC - C



Berkeley Tower, E14

£695pw

- Two bed, two bath
- Balcony, river views
- Residents parking
- Westferry DLR

EPC - C



Landmark East Tower, E14

£1,699,950 Leasehold

A 3 bedroom, 2 bathroom penthouse on the 44th floor in this prestigious development. Measuring in excess of 1800 sq ft the apartment also features a south-facing balcony, towering views of the river & Canary Wharf & 2 secure parking spaces. EPC rating C



Anchorage Point, E14

£699,950 Share of Freehold

An 878sq ft sub-penthouse, 7th floor 2 bedroom 2 bathroom apartment with spectacular West-facing river & City views in the well-regarded Anchorage Point development. The property boasts a superior location, close to the top of Westferry Road. EPC rating C



Basin Approach, E14

£1,950,00 Leasehold

A spectacular 2126sq ft 11th floor 3 / 4 bedroom penthouse apartment on the Limehouse Marina. The property boasts high-specification fixtures & fittings throughout, a very sizeable Canary Wharf-facing roof terrace & wonderful 360 degree views. EPC rating C



Pan Peninsula Square, E14

£675,000 Leasehold

INVESTMENT ONLY: A stylish corner apartment on the 14th floor of this sought after development in Canary Wharf - Pan Peninsula. Features include 24 hour concierge, full gym & pool facilities. Well situated for Canary Wharf & all amenities. EPC rating B

chesterton
SINCE 1885
humberts



Dundee Wharf, E14 £465 per week

A charming, 2 bedroom, 2 bathroom apartment located in this well-situated riverside development in Limehouse. Features include: 2 well-proportioned bedrooms, 2 bathrooms (1 en-suite), allocated parking, concierge, pleasant views over the Limehouse Cut and towards the river. Dundee Wharf is conveniently located within walking distance of Canary Wharf and the transport amenities of Westferry DLR station and river boat services from Canary Wharf Pier. EPC rating D



Woodland Heights, SE3 £462 per week

A charming and spacious apartment in this beautifully finished residential block walking distance to the amenities of both Greenwich and Blackheath. The property comprises 2 double bedrooms, 2 bathrooms, large open plan reception/kitchen with direct access to a private balcony and shared garden with views of Canary Wharf and across London. The property benefits from high ceilings and feature window and also has parking available at separate negotiation. EPC rating C.



Naxos Building, E14 £395 per week

Beautiful riverside apartment ideally located walking distance from all of Canary Wharf's amenities. The property comprises 2 double bedrooms, a light and airy reception room and open plan kitchen, balcony with fantastic river views, 2 bathrooms (1 being en suite) and parking. Naxos Building benefits from 24hr concierge and leisure facilities. EPC rating D.



Orion Point, E14 £750 per week

A beautiful well located penthouse apartment benefiting from double height floor-to-ceiling windows. The property is finished to a high standard & has a private balcony with direct river views over the Thames. The property comprises 2 double bedrooms with direct access to the balcony & fitted wardrobes, family bathroom and a large fully fitted kitchen. The development also benefits from a porter and gym. EPC rating E.

Berkeley Tower, E14 £650 per week

Chesterton Humberts are pleased to offer this 13th floor, 2 bedroom, 2 bathroom apartment in Canary Wharf's premier development. Boasting towering views of the river and Canary Wharf, this spacious (1200 sq feet) apartment features 2 large bedrooms, 2 bathrooms (1 en-suite), concierge and is within easy walking distance of Canary Wharf and all amenities. EPC rating D.

Ability Place, E14 £525 per week

A stunning dock facing apartment in this popular Canary Wharf development. The property boasts 2 double bedrooms both with fitted wardrobes, 2 bathrooms, open plan kitchen/reception with access to a large private balcony looking directly over the tree lined dock. The property is finished to the highest of standards and also comes with an allocated parking space. The development boasts a 24 hour concierge and gym and is located walking distance of Canary Wharf and all its amenities. EPC rating C. Available.

New Atlas Wharf, E14 £335 per week

A modern one double bedroom apartment in this popular riverside development near Canary Wharf. The property benefits from a large double bedroom, reception with balcony access and direct river views, separate fully fitted kitchen and modern bathroom. The property is available fully furnished and also benefits from parking. The development benefits from porter and gym. EPC rating B.

Constable House, E14 £365 per week

A 1 bed apartment in this desirable South Quay development. The property boasts one double bedroom, reception with access to a private balcony and open plan fully fitted kitchen. The development boasts 24 hour porter, gym and swimming pool and is located walking distance to Canary Wharf and all its amenities. EPC rating B.

Stainsby Road, E14 £330 per week

Modern two bedroom apartment ideally located for easy access to Canary Wharf and the City. The property comprises a light and spacious reception room, fully fitted kitchen, two double bedrooms, family bathroom and plenty of storage. Located walking distance from all of Poplars amenities. EPC rating B.

Boardwalk Place, E14 £415 per week

A modern and spacious 2 bed apartment in this popular development in Canary Wharf. The property comprises 2 double bedrooms 2 bathrooms a separate fully fitted kitchen and large reception with a private balcony and beautiful marina views. The development is within walking distance of Canary Wharf and all its amenities and benefits from a 24 hour porter. EPC rating C.

Tradewinds, E16 £365 per week

A modern apartment in this residential development close to Pontoon Dock DLR station and City Airport. The apartment benefits from a spacious reception with access to a balcony overlooking the gardens, separate fully fitted kitchen, 2 double bedrooms (master with en suite) and separate family bathroom. The apartment has excellent storage and the development benefits from a concierge and gym. EPC rating B.

Artemis Court, E14 £350 per week

A large and spacious two bedroom two bathroom property in this popular secure development close to Mudchute DLR station. The property boasts a very generous master bedroom with excellent storage and en suite bathroom, additional single bedroom, large separate fully fitted kitchen and very generous reception with views of the river in the distance. EPC rating C.

CBREResidential
London

Sales

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS

Woodstock Terrace, E14

This stunning period property offers an elegant mix of tradition and modern living. Located in a conservation area, this superb property is set over three floors, offering a wealth of space renovated to a high specification. As you enter the property you are ushered into the open lounge/dining room from the entrance hall. Natural wood flooring throughout and a beautiful fireplace compliment the space. To the rear is the family kitchen finished to a superb standard offering plenty of space and a delightful enclosed 57ft garden.

On the lower floor you have two double bedrooms and a good sized family bathroom. Occupying the top floor is the large master bedroom, with high ceilings



and large windows. Equipped with full-length built in wardrobes, beautiful natural wood flooring, a pleasant view and soft spot lighting. The en-suite for the master bedroom is equally as

impressive. This large bathroom comes complete with a double shower, separate bath and his and hers sinks. Underfloor heating is also provided.

£749,995

The Heron, EC2Y

This twelfth floor 892 square foot two bedroom corner apartment, with north and east views is now available in this highly anticipated development. The apartment offers generous floor space, comprising of a vast open-plan living area, two double bedrooms and two luxurious bathrooms. Floor to ceiling glass amplifies both the light and space in the apartment as well as offering incredible views.

The apartment is finished to an extremely high standard throughout. Furthermore, this apartment features a video-entry security system, surround sound and air conditioning. This collection of inspired city apartments boast an unrivalled location and exceptional views. The



Heron also offers residents with a tranquil landscaped roof garden and membership to The Heron's exclusive private club. This includes a private residents' restaurant and bar, state of

the art gymnasium, a private screening room and conference facilities.

£1,400,000

CBREResidential
London

Lettings

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS**The Heron, EC2Y**

This fully interior designed twenty eighth floor 851 square foot two bedrooomed corner apartment with north and west views is now available in this highly anticipated development. The apartment is furnished to an extremely high standard including bespoke sofas, rugs and lighting throughout.

The apartment offers generous floor space, comprising of a vast open-plan living area, two double bedrooms and two luxurious bathrooms. Floor to ceiling glass amplifies both the light and space in the apartment as well as a large balcony that offers incredible views. The Heron also offers residents with a

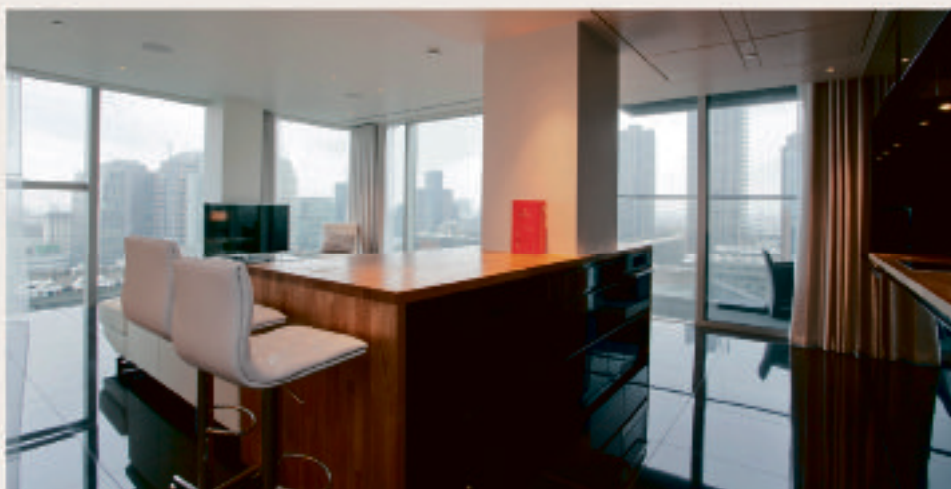


tranquil landscaped roof garden and membership to The Heron's exclusive private club.

£1265.00 per week**The Heron, EC2Y**

This sixteenth floor 1,237 square foot two/three bedroom corner apartment, with south and west facing views is now available in this highly anticipated development. The apartment offers generous floor space, comprising of a vast open-plan living area, two double bedrooms and two luxurious bathrooms. Floor to ceiling glass amplifies both the light and space in the apartment as well as a large balcony that offers incredible views.

The apartment is furnished to an extremely high standard; the living area boasts black porcelain floor tiles, bespoke custom fitted cabinets finished in a dark gloss lacquer and natural



wooden work surfaces. Furthermore, this apartment features a video-entry security system, surround sound and air conditioning.

£1600.00 per week

+44 (0)20 7519 5900

residential.canarywharf@cbre.com

www.cbre.co.uk/residential



Chase Evans

**Burrells Wharf, E14****£499,995 F/H Share**

Two bedroom apartment of approximately 1,011 sq ft with parking, balcony, wood flooring and fully fitted kitchen situated on the third floor of this impressive grade II listed building within a landscaped, riverside development. Burrells Wharf offers 24 hour concierge service, swimming pool, gymnasium, sauna and spa and is conveniently located for DLR and Thames Clipper transport links to Canary Wharf, the City and Greenwich.

Docklands 020 7510 8444

**Altitude, E1****£775 pw**

Brand new, three bedroom, two bathroom apartment set on the 12th floor of this iconic tower on the edge of the City of London. This contemporary property is offered designer furnished and features a luxury fully integrated kitchen, comfort cooling and superb city views.

Pan Peninsula 020 7536 7900

**The Arthouse, N1****£675 pw**

Brand new two bedroom, two bathroom apartment set on the 3rd floor of this fabulous new development in the heart of the King's Cross re-generation zone. The property is offered designer furnished and features wooden flooring, a balcony and high specification throughout.

City 020 7488 2777

**Panoramic Tower, E14****£520 pw**

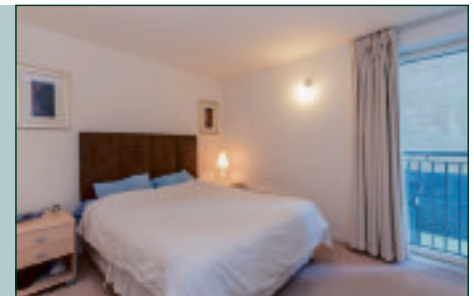
Three double bedroom, two bathroom apartment with balcony set on the 7th floor of this new development located just a two minute walk from Langdon Park and All Saints DLR stations and benefiting from concierge service, roof terrace and views of Canary Wharf.

Canary Wharf 020 7515 1000

**Seacon Tower, E14****£383,000 L/H**

One bedroom riverside apartment on the first floor of this modern, riverside development with 24 hour concierge, on site leisure facilities and spa. The property benefits from a corner balcony featuring stunning views across the river Thames, open plan, fully fitted kitchen and tiled bathroom. Excellent location just moments from Canary Wharf business district, DLR and Jubilee line underground stations and the Thames Clipper riverboat service.

Pan Peninsula 020 7538 7900



Canary Wharf office
Horizon Building, 15 Hertsmere Road, London E14 4AW
Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

City of London Office
45 Aldgate High Street, London EC3N 1AL
Tel: 020 7488 2777 | city@chaseevans.co.uk

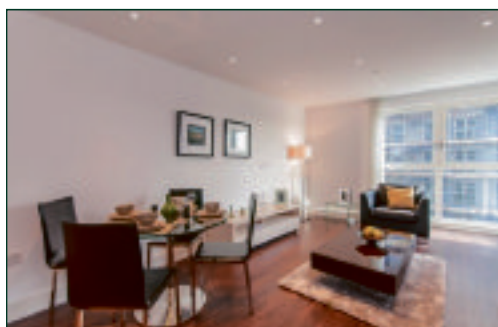


Chase Evans

**Limehouse Court, E14****£375,000 L/H**

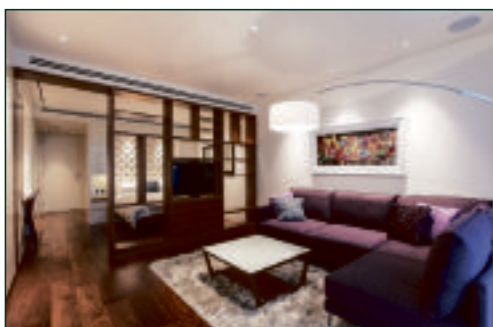
Chase Evans is pleased to offer this spacious one bedroom apartment of approximately 775 sq ft set on the first floor of this modern canalside development. The property benefits from wood flooring, private balcony overlooking the canal, fully fitted kitchen tiled, tiled ensuite bathroom and additional guest W.C.. Transport links include Limehouse and Westferry DLR stations for easy access to the City, Canary Wharf, Greenwich and Stratford.

Canary Wharf 020 7515 1000

**Queensland Terrace, N7****£500 pw**

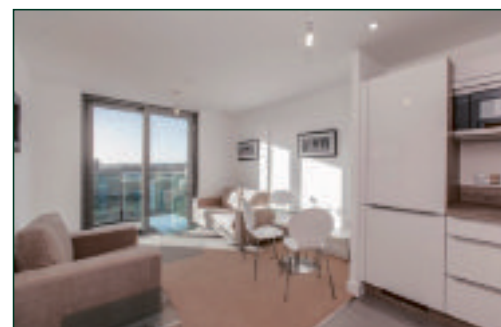
Two bedroom, two bathroom apartment set in this brand new development close to Holloway Road underground station with 24 hour concierge and residents' fitness suite. This stylish property is offered designer furnished and features underfloor heating and a private balcony.

City 020 7488 2777

**The Heron, EC2****£450 pw**

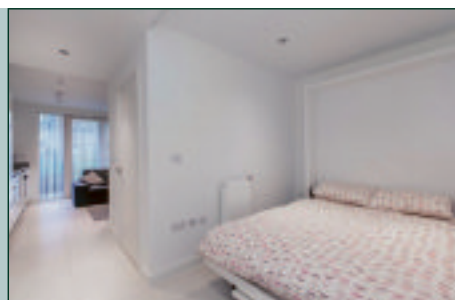
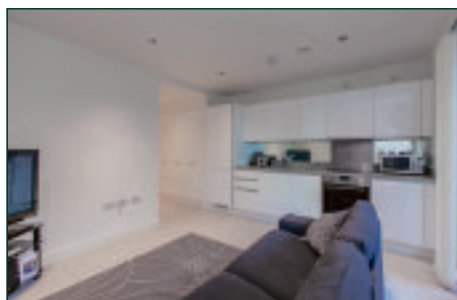
Brand new, 8th floor studio suite set within this iconic development offering 5 star concierge, spa, gymnasium and private rooftop club located in the heart of the City of London. The property features high specification throughout and is offered designer furnished.

Pan Peninsula 020 7536 7900

**Renaissance, SE13****£300 pw**

Studio suite set on the fourth floor of this striking building situated within a landscaped development benefiting from a 24 hour concierge service. This property benefits from a separate sleeping area, fully integrated and appliances kitchen and wood flooring.

Docklands 020 7510 8444

**21 Wapping Lane, E1****£315,000 L/H**

This impressive ground floor studio suite is set within this fantastic new Ballymore built development with courtyard garden and 24 hour concierge located in the centre of historic Wapping with excellent transport links for easy access to Canary Wharf, the City and Tower Bridge. The apartment offers an open plan living space and kitchen, private balcony, separate sleeping area, extensive built in storage and fully tiled shower room.

City 020 7488 2777

**Docklands office**

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



ROSSE GARDENS, SE13 £285,000

In a desirable development located close to Hithergreen Train Station is this very spacious apartment which comprises two double bedrooms bathroom/WC plus en suite shower, contemporary style fitted kitchen and access to a patio terrace. Features include double glazing, large terrace and balcony, and secure under block parking.

BLACKHEATH VILLAGE 020 8852 9522

Ref: FJL010604512 | EPC - C



BELMONT HILL, SE13

Guide £340,000-£360,000

Situated in the desirable Belmont Hill area close to Blackheath Village this spacious two bedroom apartment in a private gated development comes with a "Share of Freehold" a large south facing balcony and a garage en-block.

BLACKHEATH VILLAGE

020 8852 9522

Ref: FJL010604640

EPC - C



HUMBER ROAD, SE3 £650,000 - £675,000

A stunning two/three bedroom chalet style 1930's end of terrace house situated in the sought after Westcombe Park conservation area bordering Greenwich and within close proximity to Maze Hill Station with superb views over the docklands.

BLACKHEATH 020 8293 1143

Ref: FJL010705539 | EPC - E



ASHBURNHAM PLACE £950-975,000

Presented throughout in absolutely immaculate condition, this impressive three bedroom period freehold terrace offers the perfect blend of luxury fixtures and fittings, with a wealth of period features, generous accommodation and large rear garden.

OPEN DAY 25TH SATURDAY BY APPOINTMENT

GREENWICH 020 8293 8555

Ref: FJL027104037 | EPC - C

MAIDENSTONE HILL

£1,100,000

An immaculately presented, spacious four storey period terrace house located in the heart of West Greenwich, offering a wealth of period features and generously proportioned accommodation.

GREENWICH

020 8293 8555

Ref: FJL027104026

EPC - C



**SOLD
MORE
REQUIRED**



BLISSETT ST £875,000

A beautifully presented, extended period terrace house in West Greenwich, offering a generous array of accommodation, arranged in a favourable layout, and featuring an amazing kitchen.

GREENWICH 020 8293 8555

Ref: FJL027103275 | EPC - C



FOYLE ROAD, SE3 £950,000

An immaculate three/four bedroom 1930's end of terrace house in a sought after corner plot position within the Westcombe Park conservation area nearby Greenwich Park and within close proximity to Maze Hill Station with views to die for.

BLACKHEATH 020 8293 1143

Ref: FJL010705524 | EPC - tbc

CALL US FOR A FREE VALUATION

FLORENCE HOUSE, SE18 £335,000

An incredibly large three double bedroom apartment in the luxurious Royal Herbert Pavilions. Set within 7 acres of land, with an onsite gym/ swimming pool/ bar, this apartment oozes class with its floor to ceiling sash windows and high ceilings.

BLACKHEATH VILLAGE 020 8852 9522

Ref: FJL010604697_02 | EPC - C

SEREN PARK GRDNS SE3 OIRO £950,000

An outstanding three bedroom penthouse within Seren Park, a prime spot neighbouring Maze Hill station, the world heritage Greenwich town centre and Royal Park. Unique benefits include a private lift, two parking spaces and a roof terrace over one wing with stunning views

BLACKHEATH 020 8293 1143

Ref: FJL010705386 | EPC - B

NORTH PARK, SE9

GUIDE PRICE

£1,500,000 - £1,675,000

An imposing detached, seven bedroom period residence with ample living accommodation spread across 3873 Square Feet. This corner plot position boasts a detached garage, established grounds and is within close proximity to two stations and a superb range of schools.

BLACKHEATH

020 8293 1143

Ref: FJL010705025

EPC - C



WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



APOLLO BUILDING, E14 £499,995

Offering spectacular views South Westerly across the River Thames is this stylish two bedroom, two bathroom apartment located within the Odyssey Development. On site facilities include private gym, undercover gated parking and 24 hour concierge.

CANARY WHARF 020 7987 6776
Ref: FJL026904292 EPC - TBC

MILLHARBOUR, E14 £459,995

This well located apartment comes with fabulous south westerly views towards the dock. This spacious property has two bedrooms, two contemporary styled bathrooms and a private balcony. 41 Millharbour is located at South Quay and only a few minutes walk from Canary Wharf.

CANARY WHARF
0207 987 6776
Ref: FJL026904282
EPC - TBC



CLARA GRANT HOUSE, E14

Felicity J Lord are now in receipt of an offer for the sum of £320,158 for Flat 10 Clara Grant House, Mellish Street, E14 8PH. Anyone wishing to place an offer on the property should contact Felicity J Lord, Unit 3c, South Quay Plaza, 185 Marsh Wall, London E14 9SH prior to exchange of contracts.

CANARY WHARF 0207 987 6776
Ref: FJL026904307 EPC - TBC



ADVENTURES COURT, E14

This immaculate 7th floor apartment comes with bright, spacious rooms with far reaching views. This contemporary styled property also benefits from a large private balcony area and an underground car parking space and is a short walk to the DLR.

CANARY WHARF 0207 987 6776
Ref: FJL026904312 EPC - TBC



NAXOS BUILDING, E14 £339,995

This immaculate 1 bedroom apartment comes with river views from all principle rooms and direct access to a private terrace and communal gardens. This contemporary styled property is finished to a high specification throughout. Naxos building enjoys some superb on-site facilities including a resident's gym, library and 24 hour concierge. Canary Wharf is also only a short walk away.

CANARY WHARF
0207 987 6776
Ref: FJL026904271
EPC - TBC



PIERHEAD LOCK, E14 £549,995

A rare chance to acquire a unique apartment spread over two floors in this award winning development. This beautifully presented apartment comes with 3 double bedrooms, two bathrooms and a spacious living room with a double height ceiling. A well appointed kitchen comes with fully integrated appliances and a south facing walled garden provides a great space for summer entertaining.

CANARY WHARF 0207 987 6776
Ref: FJL026904155 EPC - TBC



NEW ATLAS WHARF, E14 £745,000 – SOLD

Do you have a property to sell in New Atlas Wharf? We have buyers waiting for apartments within the development. Call now to discuss our exclusive fees.

CANARY WHARF 0207 987 6776
Ref: FJL026904113 EPC - TBC

FREE VALUATIONS 020 7987 6776

QUAY VIEW APARTMENTS, E14 £524,995

Immaculate top floor apartment with beautiful direct dock views towards Canary Wharf, the property is set over two floors and offers two huge bedrooms, two bathrooms, fitted kitchen, allocated parking, and share of freehold.

CANARY WHARF 0207 987 6776
Ref: FJL026904315 EPC - TBC

WESTGATE APARTMENTS, E16 £329,995

Positioned next to the Excel Centre is this contemporary styled 2 double bedroom 2 bathroom ground floor apartment. This apartment includes secure parking, concierge and is within walking distance to the DLR and the Thames cable car.

CANARY WHARF 020 7987 6776
Ref: FJL026904300 EPC - TBC

WE NEED YOUR PROPERTY!

After a successful summer selling property we are now in need of 1 and 2 bedroom apartments in E14.

We have financially qualified buyers ready and waiting so call now for a free valuation.

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



SKYLINE COURT, SE1 £575,000

A two bedroom two bathroom penthouse apartment found within this sought after SE1 development. Offering spacious living accommodation throughout the property also includes private terrace and secure parking.

SHAD THAMES 020 7089 6490
Ref: FJL027604535 | EPC - F



GLOBE WHARF, SE16 £360,000 - £380,000

A unique one bedroom apartment in excess of 600 sqft internally, forming part of this converted rice mill benefitting from exposed brickwork and warehouse style windows. The development has use of gym, swimming pool and concierge service.

SURREY QUAYS
020 7237 2320
Ref: FJL113200974
EPC - C



BALTIC QUAY, SE16 £499,950

A superb two double bedroom apartment in excess of 900 sqft internally and finished to a high standard having recently been refurbished throughout.

SURREY QUAYS 020 7237 2320
Ref: FJL113200973 | EPC - C



THE CIRCLE, SE1 £1,275,000

This three bedroom two bathroom south facing penthouse apartment offers spacious living accommodation throughout including large terrace, refurbished kitchen and bathrooms and air conditioning.

SHAD THAMES 020 7089 6490
Ref: FJL027604431 | EPC - D

MILLENNIUM SQUARE, SE1 GUIDE PRICE

£750,000 - £775,000

Located within this sought after Shad Thames development is this superb two bedroom third floor apartment with private balcony offering views of the Shard. Other features include luxury bathroom, and secure parking.

SHAD THAMES
020 7089 6490
Ref: 5123648
EPC - F



STANTON HOUSE, SE16 £525,000

A three bedroom penthouse apartment in this modern development set along Rotherhithe Street. The apartment benefits from extensive outside space with balcony offering direct river views and private roof terrace accessed via spiral staircase.

SURREY QUAYS 020 7237 2320
Ref: FJL113200952 | EPC - C



ADMIRALS COURT, SE1 £749,950

This pretty two bedroom two bathroom apartment is situated within the heart of Shad Thames with views over Tower Bridge Piazza. Features include two private balconies, porter and secure underground parking. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604516 | EPC - C

FREE VALUATIONS

SHAD THAMES
020 7089 6490
SURREY QUAYS
020 7987 6776

COMMODORE BUILDING, SE1 £675,000

This two bedroom two bathroom apartment offers a large 21' rear terrace as well as a private balcony. Other features include fitted kitchen and underground parking. Early viewing is highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604545 | EPC - C

THOMPSON HOUSE, SE14 £240,000 - £260,000

A two bedroom top floor apartment set in this modern development within walking distance to New Cross Overground Station offering excellent links into the City and Canary Wharf. The property has allocated parking and offered chain free.

SURREY QUAYS 020 7237 2320
Ref: FJL113200978 | EPC - C

ELEANOR CLOSE, SE16

£875,000 - £925,000

A beautifully presented four bedroom mid terrace house set over three storeys making the perfect family home. The garage has been converted to give a perfect kitchen/reception/dining area leading out onto a private decked area overlooking Surrey Canal.

SURREY QUAYS
020 7237 2320
Ref: FJL113200933
EPC - TBC



28 November 2013

Maritime Properties

www.maritime-properties.co.uk



- Millennium Quay, SE8
- Leasehold
- Greenwich/Cutty Sark DLR
- Chain-Free & Vacant
- 2 Bed, 2 Bath
- 2nd Floor

Stretton Mansions, SE8 £379,950



- One Bedroom
- 101 Years Investment
- Charlton
- Private Garden
- Great Investment
- Fully Refurbished

Prince Henry Road, SE7 £159,950



- Development Opportunity
- Leasehold
- Kennington Station
- Permission for 3 x 1 Bed
- 4 Bedroom
- Must be seen

Braganza Street, SE17 £800,000



- Two Bedroom
- 96 Years Lease
- Rayners Lane
- Parking
- £12k p/a Income
- Tenanted/Vacant

Alexandra Avenue, HA2 £224,995



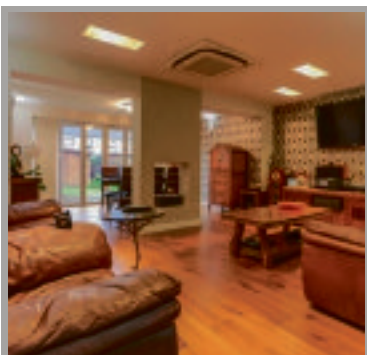
- 5 Bedrooms
- Spacious
- Driveway
- Clapham
- Garden
- Fully Refurbished

Clarence Avenue, SW4 £4,000 PCM



- Town House
- Parking
- Five Bedrooms
- High Quality
- Greenwich
- Garden

Trafalgar Grove, SE10 £3,000 PCM



- Four Bedrooms
- High Quality
- Canada Water
- Garage
- House
- Un/Furnished

Redwood Close, SE16 £2,800 PCM



- Four Bedrooms
- Greenwich Park
- House
- Garage
- Maze Hill/Greenwich
- Flotation Tank

Maze Hill, SE10 £2,600 PCM



- Four Bedrooms
- Cul De Sac
- Bromley
- Driveway/Garage
- Garden
- New Kitchen

Rutland Gate, BR2 £1,650 PCM



- One Bedroom
- Open-Plan
- Greenwich
- Modern
- 3rd Floor/Lift
- Greenwich Park

Trafalgar Road, SE10 £1,250 PCM

020 7510 1050



PROPERTIES & MANAGEMENT LTD

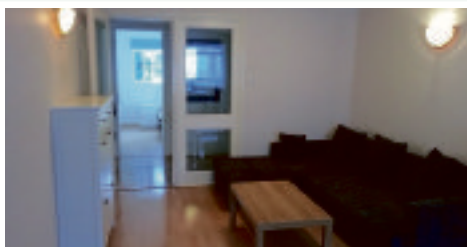
SPECIALISTS IN LETTING & RESIDENTIAL SALES

LETTINGS



The Pulse, NW9

- A fully furnished of one bedroom apartment
- Open plan fitted kitchen, lift & communal gardens
- Short walking distance to Colindale tube station

£250 p/w**Call 020 7510 1050**

Bournside Crescent, N14

- Refurnished 2 bedroom 2 bathroom apartment
- Large & spacious living room with semi-open plan kitchen, wood flooring throughout, fitted wardrobes & off street parking
- Situated in the heart of Southgate circus and shopping facilities

£255 p/w**Call 020 7510 1050**

Glamis Place, E1

- A top floor one bedroom apartment
- Fully fitted kitchen, GCH & allocated parking
- A short walk to Shadwell DLR

£265 p/w**Call 020 7510 1050**

Barons Lodge, E14

- A two bedroom apartment on the second floor
- Fully fitted kitchen, GCH & secure parking
- Closed to Island Garden DLR & local amenities

£280 p/w**Call 020 7510 1050**

Sapphire Court, E1

- A one bed apartment on the raise ground floor
- Fully fitted kitchen, GCH, communal garden & secure parking
- Closed to Tower Hill, City & local amenities

£315 p/w**Call 020 7510 1050**

Bridges Wharf, SW11

- A selection of furnished one / work and live unit apartments
- Fully fitted high spec kitchens, wood flooring to the reception room & hallway, balcony with river view, 24 hours concierge & underground parking
- Easy access to Sloane Square & Kings Rd

From £330 p/w**Call 020 7510 1050**

Ivory Court, Queen Mary's Gate, E18

- Top floor 2 Bed 2 Baths apartment with private balcony
- Fully fitted open-planned kitchen with modern appliances, wood flooring throughout living area, 24 hrs concierge & underground parking
- Close to South Woodford Station

£330 p/w**Call 020 7510 1050**

Saint Williams Court, N1

- One bed apartment on 2/f
- With large terrace, wood flooring to living area, open plan kitchen with fully integrated appliances, private gym & 24 hours concierge
- Walking distance to Kings Cross & local shopping facilities.

£360 p/w**Call 020 7510 1050**

Kara Court, Caspian Wharf, E3

- A fantastic two bed/ two bathroom apartment
- Private wood decked balcony facing front courtyard gardens, under floor heating, audio entry, secure bike unit & concierge
- Minutes away to Bow, with easy reach of district line & DLR

£390 p/w**Call 020 7510 1050**

Millharbour, E14

- A spacious 2 beds 2 baths apartment with courtyard view
- Fully fitted kitchen, wood strip flooring, balcony, secure allocated parking, lift & 24 hrs concierge
- Easy access to Canary Wharf & close to South Quay DLR Station

£420 p/w**Call 020 7510 1050**

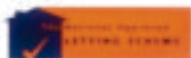
Triton Building, NW1

- A modern studio in this stunning development at the heart of central London, minutes walk to Regent's park & Warren Street
- Interior kitchen designer, additional on-site home storage space, secure Parking & 24 Hrs concierge

£480 p/w**Call 020 7510 1050**

The Westminster, SW1

- A selection of 1 bed/ 2 beds apartments in the heart of London
- Wooden flooring throughout living area, modern fully fitted open planned kitchen, under floor heating, lift & secure underground parking
- Closed to Westminster & St James Park Station

£500 p/w**Call 020 7510 1050**

Vantage Properties & Management Ltd 卓越物業管理有限公司

24 Skylines, Limeharbour, London E14 9TS

email: london@vantage-uk.com web: www.vantage-uk.com



Gawor & Co

Solicitors



Conveyancing Solicitors in The Docklands since 1992

Gawor & Co Solicitors are Property Solicitors located in Wapping, London E1, established for over 15 years and specialising only in Property Law and in particular the purchase and sales of Flats and Houses. We provide our Clients with conveyancing advice and skills in all areas of residential and commercial property Law and have Solicitors who are ready to give every assistance in making transactions as smooth and stress free as possible. We have completed thousands of conveyancing and mortgage transactions and over 70% of our annual business are repeat Clients.

We are Law Society Accredited Conveyancing Quality Solicitors and were in the first 100 Solicitors firms to achieve this accreditation, we would be happy to discuss your conveyancing requirements, our fees and conveyancing costs at your convenience.

Proud sponsors of the Wharf Property Awards 2014

New Crane Wharf, New Crane Place,
Wapping, London, E1W 3TS

www.gawor.com | 020 7481 8888 | Services@gawor.com



LocalMole.co.uk
Digging for the best local businesses

Dripping with plumbers

LocalMole.co.uk

The smart new website for finding trusted local businesses.



www.localmole.co.uk

PROPERTY

To advertise call **Rebecca Ginn** on 020 7510 6402

marketplace

Location, location, location...



Accommodation to share

Westferry Rd (Isle of Dogs):
double room to let.
Friendly, quiet,
non-smoking house-share.
Secure development:
parking, pool/gym.
£585 pcm exc bills.
Suit non-smoking,
female professional-type
in full time, permanent employ.
Please contact on
07882 268783

**NEVER UNDER
ESTIMATE THE
POWER OF
ADVERTISING
RING
NOW!**

Apartments & Flats to Let

Canary Wharf & City

New Easy Access One and Two Bedroom Luxury Apartments.

Available fully furnished or unfurnished. 1 min walk from DLR.

Free gym & pool. Restaurant, convenience store and

24 hour concierge all on site. Parking available at extra cost.

Daytime, evening & weekend viewings available. Great value,

1 bedroom from £1,000 per month and 2 bedroom from £1,350 per month.

Call Emmy: 07813 044 442

Large 2 Bed 2 Bath Luxury Flat to Rent in Canary Wharf

A beautiful large two bedroom luxury fully furnished flat, within a secure private development, with fantastic views over the Canary Wharf and O2, comprises of fully fitted kitchen with a range of integrated appliances, built in sliding wardrobe and secure parking. Recently refurbished with tasteful furnishings throughout, the flat is ideally located within Mudchute / Island Gardens DLR station and is just moments away providing an easy connection to Canary Wharf. Concierge service.

Available now, Rent £1600 per month, Deposit: 1 month.

Please contact Ray on 07957310708 to arrange a viewing.

No Agents please.

Paying for your ad is easy...

**When you use one of the
following methods:**

POSTAL
ORDER

VISA

DELTA

MasterCard



A penthouse apartment with views to die for... an elegant period property with bags of charm... a stylish flat near the Tube... a bijou studio-crashpad...

Whatever you're selling or renting,
advertise with us in

PROPERTY

Contact Nikki Hamersley

020 7293 2247

email: nikki.hamersley@wharf.co.uk

PROPERTY
Wharf

To advertise call **Nikki Hamersley** on **020 7293 2247**

solicitors & estate agents

DIRECTORY



Gawor & Co
Solicitors

Conveyancing Solicitors in The Docklands since 1992

www.gawor.com
020 7481 8888
Services@gawor.com

**PHOENIX
PROPERTY**

**SALES
LETTINGS
MANAGEMENT**

www.phoenixproperty.co.uk

0207 702 3434

Email: info@phoenixproperty.co.uk

Gun Court
70 Wapping Lane
London
E1W 2RE

REDWOODESTATES



Sales, Letting & Block Management

Docklands office: 0207 510 9475
Royal Arsenal/Woolwich office: 0208 316 8990
www.redwoodestates.co.uk info@redwoodestates.co.uk



Canary Wharf 020 7510 8300
sales.canarywharf@chestertonhumberts.com
chestertonhumberts.com



- **SALES • LETTINGS • PROPERTY MANAGEMENT**
- Properties throughout Docklands, South and East London
- Call us now for a free, no obligation valuation
- 020 7515 0800 • www.lmlondon.com • valuation@lmlondon.com



**ALAN SELBY
AND PARTNERS**

www.alanselby.co.uk

020 7519 5900 | info@alanselby.co.uk

Estate Agents | Land & Development Consultants

hollandproperties

Surrey Quays office
surreyquays@hollandproperties.co.uk
t: 020 7231 8160
Docklands office
docklands@hollandproperties.co.uk
t: 020 7538 5554

www.hollandproperties.co.uk



Sales
Lettings
Management



**JONES LANG
LASALLE**

020 7715 9700
joneslanglasalle.com

Sales & Lettings

docklands.sales@eu.jll.com
docklands.lettings@eu.jll.com
11 Westferry Circus, London E14 4HD

11 Westferry Circus, Canary Wharf, London E14 4HD

dockland.sales@eu.jll.com



www.ProCities.co.uk
+44 (0) 20 7112 8223

Professional . Efficient . Global



Beaufort Park, NW9

£220,000 - £360,000

Brand new Studio and 2 bed apartments with high standard facilities. Surrounded by Mediterranean style boulevard and landscaped grounds.



The Paramount, L3

£54,995 - £74,995

Pod or Studio student rooms located short walk from 5 Universities and opposite main station. 9% assured yield for 5 years.



St George Wharf Tower, SW8

£5,633 pcm

Luxury 2 bed 2 bath flat in the newly built Tower. Fully fitted with high tech lighting and audio systems and high quality finishes.

Are you looking to Sell / Let your property?

CALL US TODAY
for a free market appraisal

Sales | Lettings | Management

Personal Service | Professional Quality | Efficient Service | Global Network



St George Wharf Tower, SW8

£1,650,000

Luxury 2 bed 2 bath flat in the newly built development located minutes from Vauxhall tube with a wide variety of local amenities



Warwick Road, W14

£1,200,000

2 bed 2 bath apartment located by Kensington High Street and multiple tube stations. Underground parking, Residents Gym.



Sienna Alto, Lewisham, SE13

From: £1,200 pcm

1 bed and 2 bedroom apartments available in the newly completed development next to Lewisham station. Residents roof garden.

More **properties wanted** in Canary Wharf, Docklands and surrounding areas
We have **numerous registered overseas buyers!**



info@procities.co.uk

5 Harbour Exchange Square
London, E14 9GE

London's Finest Properties

www.liferesidential.co.uk | 020 3668 1030



Lanterns Court · Cobalt Point · E14

1 bedroom, 1 bathroom apartment | Available Mid January | Close to South Quay DLR | Fully furnished | 24 hour Concierge | Fully equipped Gymnasium

£ 325 p/w



Westgate Apartments · E16

2 bedroom, 2 bathroom apartment | Available mid-February | Close to Royal Victoria DLR | Fully furnished | Concierge service | Fully equipped Gymnasium

£ 345 p/w



Lanterns Court · Cobalt Point · E14

An immaculate 10th floor two double bedroom apartment with views of London set within the popular Lanterns Court development in the heart of South Quay. The property includes contemporary fixtures and fittings and wooden flooring throughout

Asking Price £ 465,000



Kara Court · E3

A stunning interior designed penthouse nestled within this recently released scheme of luxury one, two and three bedroom apartments. The property comprises three double bedrooms with fitted wardrobes, a sleek modern fully equipped kitchen opening onto a spacious lounge and one of four generous sized balconies.

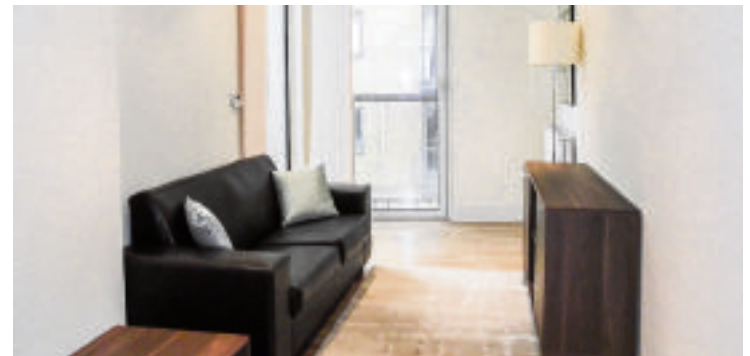
Asking Price £ 850,000



Lanterns Court · Denison House · E14

1 bedroom, 1 bathroom apartment | Available now | Close to South Quay DLR | Fully furnished | 24 Hour Concierge Service

£365 p/w



Lanterns Court · Denison House · E14

2 bedroom, 2 bathroom apartment | Available mid-February | Close to South Quay DLR | Parking available by separate negotiation

£430 p/w